Lake Forest Baptist Church

Women's Ministry

A Vision of Our Future

Cook Book

1997

God is Great, God is Good....All the Time!

Dear Jerine;

October 26th
"1997"

We hope you enjoy this beautiful Cookbook. We appreciate you so much + Wish God's Blessings on you! We Love you,

The F. R. C.

Lake Forest Baptist Church

7180 West Goodman Road
Walls, Mississippi 38680
(601) 781-2151

Presented by

The Ladies

of

Lake Forest

A Family Church

All proceeds given to
"The Bobby K. Presley Memorial Building Fund"
1997

The Women's Ministry of Lake Forest Baptist Church is excited to share our new cookbook of Low Fat recipes as our contribution for the "vision of our future." All proceeds from the sale of this book will be donated to our Church Building Fund.

Scattered throughout the pages of this cookbook you will notice quips and quotes about friends and friendship. One of our goals at Lake Forest is to be a Friendly Church. We believe the old saying, "To have friend you must be a friend."

Since friends share, we would like to share some of our favorite Low Fat recipes with you. We hope that you will take some time to prepare some of our recipes, set a lovely table, and invite a friend over to share the blessings that the Lord has given you. What better way to show your friendship to someone else! Besides, any meal tastes so much better when shared with a friend.

The Women's Ministry wishes to thank everyone who shared in this project to make it successful. A special thanks to Twila Presley who spent countless hours on the computer.

Finally, our thanks would not be complete without thanking all of you who purchased our cookbook. Your dollars will enable us to expand our Ministry at Lake Forest.

Debbie Sykes
Women's Ministry Director

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Appetizers

&

Beverages

FAVORITE RECIPES

FROM MY COOKBOOK

Recipe Name	Page Number

APPETIZERS

CARAMEL NUT CORN

By: Lesbia Kennedy

12 cups unsalted Popcorn
1 cup packed Brown Sugar
½ teaspoon Salt
3 cups Walnuts, Pecans Halves or whole Almond
½ stick Margarine or Butter
1/4 cup light Corn Syrup
½ teaspoon Baking Soda

Heat oven to 200 degrees. Divide popcorn and nuts between 2 ungreased rectangular pans 13x9x2-inches. Cook brown sugar, margarine, corn syrup and salt in 2-quart sauce pan over medium heat stirring occasionally until bubbly around edges. Continue cooking 5 minutes. Remove from heat, stir in baking soda until foamy. Pour sugar mixture over popcorn too until evenly coated. Bake in 200 degree oven for 1 hour, stirring every 15 minutes. Cool completely. Store in a tightly covered container.

CELERY PINWHEELS

By: Twila Presley

Wash celery stalks, stuff with well seasoned cream cheese. Press 3 stalks together, overlapping as celery grows. Tie together, chill. Slice into ½ inch thick pieces.

CHEESE BALLS (NO LIQUID)

By: Twila Presley

3/4 lb. grated sharp Cheddar Cheese
1 lb. (or 12-oz. pkg.) raw Sausage, mild
2 cups Bisquick Mix

Mix all ingredients well. Make into small balls. Bake at 450 degrees. May be frozen until ready to bake.

* *

Being with you is like walking
on a very clear morning -----
definitely the sensation of belonging there.
E. B. White

Cheese Popovers

By: Twila Presley

2 Eggs
1 tablespoon melted Margarine or Butter
1/3 cup shredded Cheddar Cheese
1 cup un-sifted flour
1 teaspoon Salt

In a mixing bowl slightly beat eggs. Add flour, milk, salt, margarine. Beat until smooth. Do not over beat. Stir in cheddar cheese. Fill generously greased muffin cups. Bake at 450 degrees for 15 minutes, then reduce heat to 325 degrees and bake 25-30 minutes or until golden brown. Prick crust during last 5 minutes of baking to allow steam to escape.

Cheese Roll

By: Alene Kennedy

2 lb. Velveeta, soft
2 cups chopped Pecans
1 can Paprika
8-oz. Cream Cheese, soft
2 cloves Garlic, crushed

Combine Velveeta and cream cheese well. Add nuts and garlic and mix with hands well. Divide into 3 or 4 balls and make rolls. Using wax paper, sprinkle the entire box of paprika on wax paper and roll each roll in the paprika. Place each separate roll into wax paper and roll up tightly. Store in the refrigerator.

Cheese Squares

By: Renee' Presley Gregory

½ cup Margarine, softened
1 cup shredded Sharp Cheddar Cheese
Worcestershire Sauce, to taste
1 cup Crisp Rice Cereal
½ teaspoon Salt
1 cup Flour
Dash of Tabasco Sauce

Combine margarine, flour, salt, cheese, Tabasco and Worchestershire sauces in a bowl; mix well. Add cereal; mix thoroughly. Shape into 1 in balls; place on ungreased baking sheet. Flatten each ball with fork. Bake at 375 degrees for 10 minutes or until light brown. Makes 24 servings.

A true Friend is of more
price than a kingdom.
John Lyly

Cheese Straws

By: Twila Presley

1 cup Biscuit Mix
2 tablespoons Shortening
1/4 teaspoon Salt
1 teaspoon Water
1 cup grated American Cheese
1/8 teaspoon Cayenne Pepper
1 Egg Yolk

Cut with form mixing to consistency (or use a pastry blender) of coarse crumbs. Add egg yolk and water to form stiff dough. Knead slightly and roll to 1/4 inch thickness on a floured board. Cut into narrow strips and place on an ungreased cookie sheet. Bake at 400 degrees for 10-12 minutes.

Ham and Cheese Appetizers

By: Twila Presley

2 cups Bisquick Mix
1 cup shredded Swiss or Cheddar Cheese (about 4 oz.)
½ cup finely chopped Onion
1/4 cup dairy Sour Cream
½ teaspoon Salt
2/3 cup Milk
3/4 cup finely chopped fully cooked smoke Ham
½ cup grated Parmesan Cheese
2 tablespoons snipped Parsley
2 crushed cloves of Garlic
1 Egg

Heat oven to 350 degrees. Grease rectangular pan, 13x9x2 inches. Mix all ingredients; spread in pan. Bake until golden brown, 25 to 20 minutes. Cut into rectangles, about 2x1-1/2 inches. Makes 36 appetizers.

Holiday Cheese Balls

By: Sandy Dobie

1 lb. Sharp Cheddar Cheese grated
1 small Onion, finely chopped
1 tablespoon Worcestershire Sauce
16-oz. Cream Cheese
1/4 teaspoon Celery Salt
1 cup Pecans, chopped

Thoroughly blend all ingredients, except nuts. Chill. Shape into one large ball, roll in chopped nuts. Chill until firm. Serve with a variety of crackers.

I cease not to give thanks for you, making mention of you in my prayers
Ephesians 1:16 KJV

5-Minute Cheesy Crunch

5 tablespoons Margarine
6 cups Chex Cereal
½ teaspoon Salt
1/3 cup grated Parmesan Cheese

Melt margarine in large skillet over low heat. Stir in salt. Add Chex cereal Stir until all pieces are coated. Continue to heat and stir for 5 to 6 minutes or until Chex are lightly toasted. Sprinkle on Cheese, stir to coat all pieces. Spread on absorbent paper to cool.

MICROWAVE DIRECTIONS: Melt margarine in a large bowl on High 50 - 60 seconds. Stir in salt. Add Chex; stir to coat all pieces. Microwave High for 2-1/2 to 3 minutes, stirring every 30 seconds. Sprinkle on cheese; stir to coat evenly. Spread on absorbent paper to cool. Makes 6 cups.

Tuna Pinwheels

By: Twila Presley

1 6-1/2-oz can Tuna, drained & flaked
½ cup Mayonnaise
½ cup finely chopped Celery
20 slices square Sandwich Bread
2 tablespoons chopped Pickles
1 teaspoon prepared Mustard
Butter or Margarine
Paprika

Cut crust away from slices of bread. Spread butter thinly over slices of bread. Combine all ingredients and spread thinly over the 20 slices of bread. Roll like a jelly roll; cut each slice into 3 pinwheels fastening with toothpicks. When ready to serve you may brush with melted butter and sprinkle lightly with paprika. Broil until lightly toasted.

BEVERAGES

Amaretto Coffee

1 cup non-dairy Coffee Creamer
1 teaspoon pure Almond Extract
3/4 cup confectioners Sugar
½ teaspoon Vanilla Extract

Beat at low speed until blended thoroughly. Stir 1-2 teaspoon into hot coffee. Store in an airtight container.

Breakfast Drinks

By: Janice Bell

2 8-oz. Containers Strawberry-Banana Yogurt
2 tablespoons frozen Orange Juice
3 tablespoons Honey
1/3 cup milk
2 cubes ice

Place ingredients in blender. Blend until smooth and frothy. Serve immediately in chilled glasses.

Instant spiced Tea

By: Elfie McDuffie

2 cups Tang
1 cup Instant Tea
1 teaspoon cloves
2 cups Sugar
1 teaspoon Cinnamon

Mix together real well and keep in a well-sealed container. To serve, use 2 or 3 teaspoons of mix for one cup of boiling water. Makes 13 cups.

Instant Spiced Tea Mix

½ cup Instant Tea
1 teaspoon Cinnamon
1-1/4 cups Sugar
2 cups Tang
½ teaspoon Cloves
1-1/2 cup Kool-Aid Lemonade Mix

Mix and store inn tightly covered container. Use 2 teaspoons mix per cup of hot water. Serves 30.

Lemon-Mint Slush

6 Lemon Herbal Tea Bags
1 sprig fresh Mint, torn into pieces
2 cups boiling Water
1 pint Lemon Sherbet

Place Lemon Herbal Tea Bags and crushed mint in a teapot. Pour boiling water over both, cover and brew 5 minutes. Remove tea bags and mint; cool. In blender combine tea with sherbet; process at high speed until blended. Pour into glasses. Serves 4.

Quick Boiled Custard

By: Janice Sorsby

1 gallon Homogenized Milk
1 large box Instant Vanilla Pudding
1 small box Instant Vanilla Pudding

Whipped Cream
Dash of Nutmeg

Put 2 cups of milk in a large bowl. Add both boxes of instant vanilla pudding and mix with electric mixer, adding more milk slowly until bowl is nearly full and well blended. Add this to remaining milk in gallon jug. Mix well and chill. When serving, add whipped cream and sprinkle generously with nutmeg.

Spiced Tea

By: Betty Hill

2 cups Instant Tang
2 teaspoons Cinnamon & Cloves
1-1/2 cup Instant Tea Mix with Lemon & Sugar

Cinnamon Stick Candy

Mix well, pour into quart jar. Use 2 teaspoons in a cup of hot water. Garnish with Cinnamon stick candy.

Strawberry Fizz

1 cup diet Lemon-lime or Orange Soda
2 cups frozen Strawberries
1 cup Light Evaporated Milk
1 teaspoon artificial Sweetener
or 1/4 cup Sugar

Combine all ingredients in a blender until smooth. Serve immediately. Makes 4 (1 cup) servings.

A good friend remembers what
we were and sees what we
can be.

Janette Oke

FRUITS & FRUIT DIPS

CHERRY BERRIES ON A CLOUD

3 Egg, Whites (1/3 to ½ cup)
1/4 teaspoon Cream of Tartar
3/4 cup Sugar
1 3-oz. pkg. Cream Cheese, softened
Cherry-Berry Topping (below)
½ cup Sugar
½ teaspoon Vanilla
1 cup chilled Whipping Cream
1 cup miniature Marshmallows

Heat oven to 275 degrees. Cover baking sheet with heavy brown paper; draw outline of heart, 9 inches across greatest width, on paper. Beat egg whites and cream of tartar until foamy. Beat in 3/4 cup sugar, 1 tablespoon at a time; continue beating until stiff and glossy. Do Not Overbeat! Spoon meringue into outline on paper, building up side. Bake 1-1/2 hours. Turn off oven; leave meringue in oven with door closed 1 hour. Remove from oven; finish cooling away from draft. Blend cream cheese, ½ cup sugar and the vanilla. In chilled bowl, beat cream until stiff. Gently fold whipped cream and marshmallows into cream cheese mixture. Pile into meringue shell. Cover; chill at least 12 hours. Just before serving, top with Cherry-Berry Topping; cut into wedges. Serves 6 to 8.
Cherry-Berry Topping: Stir together 1 21-oz. can cherry pie filling, 1 teaspoon lemon juice and, if desired, 2 cups sliced strawberries or a 16-oz. pkg frozen strawberries, thawed.

CURRIED APRICOTS

33 Ritz Crackers
3/4 cup dark Brown Sugar
2 cans Apricot Halves, drained
1 stick Margarine
1 teaspoon Curry Powder

In loaf pan make layers of apricots, brown sugar, sprinkling of curry powder, cracker crumbs and margarine. Repeat these layers one more time. Bake at 375 degrees until bubbly (about 25 minutes).

Treat your friends as you do your
pictures, and place them
in their best light.

Jennie Jerome Churchill

FRENCH FRIED APPLE RINGS

By: Margie Duncan

1 cup Flour
½ cup Water
1 Egg white, stiffly beaten
1/4 teaspoon Salt
2 tablespoons Salal Oil
Apples

Make a batter of flour, salt, water, oil and stiffly beaten egg whites. Core and slice apples into rings. Dip apple rings into batter and fry a few at a time until golden brown in deep fat. Do not crowd rings.

FRESH FRUIT COMPOTE

By: Dorothy Carr

3 medium Peaches
2 cups Blueberries
3 medium Bananas
2 cups sliced Strawberries
2 cups Melon Balls
1 25-oz bottle pink sparkling Catawba Grape Juice, chilled

Peel peaches and slice into bowl. Top peach slices with strawberries, blueberries and melon balls. Cover tightly and chill. Just before serving, peel bananas and slice into fruit mixture. Pour grape juice over fruit. 8 to 10 servings.

FRUIT DIP

By: Pam Yost

8-oz. Cream Cheese
1/4 cup White Sugar
3/4 cup Brown Sugar
2 teaspoon Vanilla

Whip together. Heat in microwave stirring frequently until smooth & warm.

* *

Without true friends, the world is

but a wilderness.

Francis Bacon

* *

FRUIT FRITTERS

By: Margie Duncan

1 cup all-purpose Flour
1-1/2 teaspoons Baking Powder
2 tablespoons Sugar
½ teaspoon Salt
½ cup Evaporated Milk
1 tart Apple, pared, cored, cut in 6 sections
Handful of pitted cherries, grapes or prunes
1 Peach, peeled and sliced
1 Orange, peeled and sectioned
1 Banana, peeled and sliced
1 Egg
1 Pear, peeled and sliced

Mix and sift flour, baking powder, sugar, salt. Beat egg with evaporated milk, add flour mixture and mix well. Then dip individual pieces of fruit into the batter and coat evenly. Fry in deep hot fat until brown. Drain and sprinkle with powdered sugar and nutmeg. Best served as a dessert for brunch or dinner. Serves 6 to 8.

FRUIT NIBBLERS

By: Dorothy Carr

½ Cantaloupe
3 or 4 Oranges
About 3 lbs. Watermelon
½ Honeydew Melon
½ cup orange juice

Scoop balls from melons or cut melons into 1-inch cubes. Place 3 balls of each of 12 bamboo skewers. Insert skewers in oranges on serving plate. Serve orange juice in tiny bowls for dipping melon balls. 4 servings

FRUIT SALAD

By: Sandy Boyd

2 Bananas, sliced thin
1 15-oz. Can Mandarin Oranges
1 tablespoon or more Tang
1 15-oz. can Chunky Pineapple
3/4 cup Pineapple Juice
1 pkg Vanilla Instant Pudding

Mix vanilla pudding and Tang. Add pineapple juice. Add fruits and stir well.

Golden Apple Pie

By: Grady Rollins

MIX and place in square baking dish:
8 green Apples
3/4 to 1 cup chopped dried Apricots
3/4 cup Brown Sugar
Mix and pour over apple mixture:
1 cup Apple Juice
top with pads of Margarine

Bake at 350 degrees for 30 minutes.

Dips

Curry Dip

1 teaspoon Garlic Powder
1 teaspoon Curry Powder
1 teaspoon Mustard
1 cup Mayonnaise

Mix together. Chill and serve with raw vegetables.

Creamy Dill Sauce Dip

By: Margaret Bloodworth

½ cup dairy Sour Cream
1/4 teaspoon dried Dill Weed
1/4 cup Salad Dressing

Combine all ingredients, mix well. Let stand at room temperature.

Creamy Spinach Dip

1 3.5-oz. Can DEL MONTE whole leaf or chopped Spinach
2 cups light Sour Cream
1 1.4-oz. Pkg. Dry Onion Soup Mix
1/4 cup light Mayonnaise
1 cup chopped Red Pepper

Drain spinach well, reserving 2 tablespoons liquid. (Chop spinach if using whole leaf spinach.) Combine reserved liquid, sour cream, mayonnaise and soup mix. Stir in spinach and red pepper. Refrigerate several hours or overnight to blend flavors. Serve with vegetables, bread or cracker.

Dip

By: Susan Daniel

1 lb. Sharp Cheddar Cheese, shredded
1-1/2 cups Mayonnaise
16 slices in a 1 pkg Oscar Meyer Bacon
1 bundle or less Green Onions
Toasted Almond Slices

Mix all ingredients except almond slices, together. Top with almond slices. Chill. Serve with Town House Crackers

Fresh Vegetable Dip

By: Renee' Presley Gregory

2 cups Cottage Cheese
1 envelope French Onion Soup Mix
1 tablespoon chopped fresh Parsley
½ cup Buttermilk
2 Radishes, finely grated
1/4 cup Carrots, grated

Combine cottage cheese, buttermilk in a blender; process until smooth. Combine in a bowl cottage cheese mixture with onion soup mix, radishes, carrots and parsley, mix well. Chill, covered, until serving time. Serve with assorted fresh vegetables. Makes 2 cups.

* *

There is a mystic power in the
ties that friendship throws
around the human heart.

* *

Philly Free Salsa Dip

1 8-oz. container Philadelphia Brand Free Cream Cheese (8-oz. Jar Cheese)
½ cup Salsa, to your taste

Beat cream cheese with an electric mixer on medium speed until smooth. Add salsa, mixing until blended. Cut cheese into cubes (or pour jar cheese) into a slow cooker. Mix all other ingredients until blended well. Cook until cheese is melted. Refrigerate. Serve in a chafing dish with chips, assorted cup-up vegetables or tortilla chips. Makes 1-1/2 cups. Serves 12.

Quick Vegetable Dip

By: Margaret Bloodworth

1 cup Sour Cream
Salt
1 5-oz. Can Water Chestnuts, drained
½ teaspoon Celery
2 teaspoon Soy Sauce
6 5-oz. Cans Chicken Spread

Combine sour cream, celery, salt, soy sauce, water chestnuts (drained and chopped) and chicken spread. Chill. Serve with tray vegetables or crackers. Makes 2 cups.

Vegetable Dip

By: Twila Presley

1 pkg. Hidden Valley Ranch Style Dressing, original flavor
3/4 cup Sour Cream
1-1/2 cup Mayonnaise
3/4 cup sour cream
½ cup Milk

Combine all ingredients and stir by hand. Use carrots, celery, etc.

Vegetarian Taco Dip

By: Doris Presley

1 cup shredded Sharp Cheddar Cheese
1 cup shredded Mozzarella Cheese
1 small bottle Green Goddess Dressing
chopped
½ Bell Pepper, chopped
5-10 drops of Tabasco (to taste)
1 basket Cherry Tomatoes, chopped

Mix well. Serve with Tostados.

Vidalia Onion Cheese Dip

3 large Vidalia Onions, coarsely chopped
8-ozs Sharp Cheddar Cheese, shredded
½ teaspoon Tabasco Sauce
Tortilla chips or crackers for serving
1 cup Mayonnaise
2 tablespoons unsalted Butter
1 clove Garlic, minced

Preheat oven to 375 degrees. Saute' onions in butter. Blend with cheese, garlic, mayonnaise and Tabasco. Pour into buttered casserole and bake at 375 degrees for 25 minutes. Serve with tortilla chips or crackers. Serves 12-15.

* *

May the hinges of friendship never
rust, nor the wings of love
lose a feather.
E. B. Ramsey

* *

MISCELLANEOUS

BAKED CARROT SPREAD

By: JoAnn Black

1 cup grated Carrots
1 4-oz cup of Romano Cheese
½ teaspoon Lemon Pepper Seasoning
½ cup Mayonnaise
½ teaspoon Garlic Salt

Combine all ingredients in a 1-quart casserole. Bake, uncovered, at 350 degrees for 25 minutes or until heated through. Serve with assorted crackers. Serves 3 cups.

EASY BBQ SMOKIES

By: Twila Presley

1 18-oz. bottle Kraft Original Barbecue Sauce (or Thick 'N Spicy)
2 16-oz. pkgs. Oscar Mayer Little Smokies. 1 8-oz. jar Salsa

Mix barbecue sauce and salsa in a large saucepan. Add Little Smokies and heat over medium-high heat for 5 to 10 minutes or until thoroughly heated, stirring frequently. Place in slow cooker or fondue pot to serve. Keep warm on low heat. Makes 8 dozen appetizers.

We cannot tell the precise moment
when a friendship starts...it is like
filling a vessel drop-by-drop,
which makes it at last run over.
James Boswell

Glazed Nuts

By: Beth Willyard

4 cups Pecans
1 cup Light Corn Syrup
2 tablespoons Butter
2 teaspoon Cinnamon
1-1/2 cups Sugar
1/3 cup Water
½ teaspoon Vanilla

Warm nuts in 200 degree oven. Butter 17x14 cookie sheet. Combine sugar, syrup, and water in saucepan. Cover and bring to a boil. Remove cover and cook without stirring to 290 degrees. Remove from heat and add nuts, butter, salt, vanilla, and cinnamon. Stir quickly and pour on cookie sheet, spreading thin. Cool and break into pieces. Yields 5 cups.

Honey Chicken Wings

By: Doris Presley

3-4 lbs. Chicken Wings
½ cup Soy Sauce
2 tablespoons Catsup
1 cup Honey
1 medium clove of Garlic
2 tablespoons Vegetable Oil

Place chicken in shallow dish. Mix all ingredients and pour over chicken. Coat chicken. Bake at 375 degrees for 1-1/2 hours. Mix about every 30 minutes.

* *

You have done it without a touch,
without a word, without a sign.
You have done it by being yourself.
Perhaps that is what being a friend is.

Roy Croft

* *

MARNATED PEPPERS

By: Twila Presley

2 Bell Peppers
2 teaspoons Olive Oil
1 tablespoon each Balsamic Vinegar and Oliver Oil
1/4 teaspoon each Salt and freshly ground Pepper

Rub the Peppers (try yellow and red) with the oil and pierce. Arrange in glass pie plate with stems toward edge. Cover with paper towel and microwave on high 4 minutes. Turn peppers over and microwave on high 4 more minutes or until blistered. Wrap in Kitchen towel and cool 10 minutes. Peel, seed and cut into strips. Toss with the vinegar, oil and seasonings. Makes 4 servings.

MISSISSIPPI BAD ONE

By: Doris Presley

1 loaf French Bread
1-12 cups Sour Cream
2 cups shredded Velveeta Cheese
1 8-oz. pkg. Cream Cheese
½ cup finely chopped Ham
2 small Green Onions
1 small can chopped mild Green Chilies, drained

Mix all ingredients together (except bread) and place in hollowed out bread. Set aside the bread pieces for further use. Place bread lid back on. Wrap in foil. Bake at 350 degrees for one hour. Serve warm to hot with bread pieces (taken from hollowed out sections) and chips.

PEANUT BUTTER SPREAD

By: Katie Warren

1 8-oz. pkg. Cream Cheese, softened
½ cup Powdered Sugar
1-1/2 cups Creamy Peanut Butter
1 tablespoon Milk
1/3 cup dry Roasted Peanuts

Combine all above ingredients (except peanuts) in a mixing bowl. Beat on medium speed for one minute until smooth. Shape like 4 eggs and press with peanuts. Serve with apple slices or graham crackers.

PEANUT BUTTER STICKS

By: JoAnn Black

6 slices of thin sliced White Bread, crust removed
½ cup Smooth Peanut Butter
½ cup cooking oil
2/3 cup Graham Cracker Crumbs

Cut each slice of bread into 5 sticks. Place sticks on a cookie sheet and toast in oven at 250 degrees for 30 minutes or until browned. Mix peanut butter and cooking oil in top of double boiler. Dip each stick into the peanut butter mixture and coat with graham cracker crumbs. Let cool complete and store in tins. Makes: 30

POPCORN BALL

1 medium bag Miniature Marshmallows
1 large bag M & M's Plain Candy
1 large bag M & M's Peanut Candy
½ jar of Dry-Roasted Peanuts
Popped popcorn

Melt marshmallows and mix all ingredients. Put in a buttered bundt pan and chill. Remove from pan.

SAUSAGE AND APPLESAUCE

By: JoAnn Black

1 12-oz. package Smoked Link Sausage cut into 1 inch pieces
1 15-oz. jar Applesauce
1 tablespoon Caraway seed
1-1/2 teaspoons instant minced Onion

Broil sausage pieces until evenly browned. Combine with applesauce, caraway seed, and onion. Put into a 1 quart casserole. Bake, covered at 250 degrees 2 hours. Serve with wooden picks. Serves 32 appetizers.

SAUSAGE BALLS

By: Heather Morrison

½ lb. Sausage
4-oz. grated Cheddar Cheese
1-1/2 cup Bisquik Mix

Mix together and shape into small balls. Place on a greased cookie sheet about 1 inch apart. Bake 30 minutes at 325 degrees.

SAUSAGE PINWHEELS

By: Twila Presley

2 cups Bisquick Mix
1 lb. Sausage

Mix Bisquick mix, following directions for biscuits. Crumble uncooked sausage over dough. Roll up in a jelly roll style. Cut in half. Refrigerate for a short time and slice. Cook at 450 degrees until brown.

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Good company in a journey
makes the way to seem the shorter:
Izaak Walton

* * * * * * * * * * * * * * * * * * * *

TRADITIONAL CHEX PARTY MIX

½ cup (1 stick) Margarine
4-1/2 teaspoons Worcestershire Sauce
2-2/3 cups Rice Chex Cereal
1 cup salted mixed nuts
1-1/4 teaspoons seasoned Salt
2-2/3 cups Corn Chex Cereal
2-2/3 cups Wheat Chex Cereal

Preheat oven to 250 degrees. Heat margarine in large shallow roasting pan (about 15x10x2 inches) in oven until melted. Remove. Stir in seasoned salt and Worcestershire sauce. Add Chex and nuts. Mix until all pieces are coated. Heat in oven 1 hour. Stir every 15 minutes. Spread on absorbent paper to cool.

Microwave Directions: In large bowl melt margarine on High 1 minute. Stir in seasoned salt and Worcestershire sauce. Add Chex and nuts. Mix until all pieces are coated. Microwave on High 6-7 minutes. Stirring every 2 minutes. Makes about 9 cups.

There is no better exercise
for the heart than reaching down
and lifting up people.
John Andrew Holmer

VEGGIE APPETALAS

1 pkg. super size Tortillas
2 8-oz pkgs. Cream Cheese, softened
½ cup finely chopped Red Bell Pepper
½ cup chopped Green Onion
1/4 cup shopped Green Olives
½ cup finely chopped Green Peppers

Remove tortillas from refrigerator. Let stand at room temperature for at least 15 minutes. Spread a thin layer of cream cheese on tortillas. Sprinkle with approximately 1 tablespoon each of onions, olives and peppers. Tightly roll up tortilla. Wrap individually in plastic wrap. Repeat for all Tortillas. Refrigerate for at least 3 hours or overnight. To serve, cup into 3/4 inch diagonal slices. Makes 48-50 slices.

ZIPPY PINEAPPLE SAUCE

By: Margaret Bloodworth

1 12-oz. jar Pineapple Preserves
1/4 cup prepared Horseradish
1/4 cup prepared Mustard

Combine all ingredients well. Heat through. Makes 1-1/2 cups.

* *

A friend is a close companion on
rainy days,
Someone to share with through every phase...
Forgiving and helping to
bring out the best,
believing the good and
forgetting the rest.

PUNCH

CHRISTMAS PUNCH

By: Nancy Piretti

32 oz. Cranberry Juice
2 quarts Ginger Ale
1 quart Tea
1 quart Orange Juice
1 pint Lemonade

Combine all except ginger ale. Add ginger ale just before serving. Yields 30 servings.

FROZEN PUNCH

By: Elizabeth Rickman

6 cups Water
1 46-oz. Can Pineapple Juice
1/4 cup bottled Real Lemon Juice
4 cups Sugar
1 large frozen Orange Juice
5 Bananas, blended

Heat water with sugar until clear. Combine pineapple, frozen orange juice adding the amount of water called for on the can. Mix the blended bananas with lemon juice and freeze. Makes 1-1/2 gallons.
Remove from freezer 3 to 4 hours before serving. Pour ginger-ale or Sprite over mix and serve. Great for a brunch.

HOT PUNCH

By: Janet Jones

2 quarts Apple Juice
1 ½ quarts Cranapple Juice
Put in Bottom of 30 cup percolator.
4 Cinnamon Sticks
½ cup Brown Sugar
1 ½ teaspoons Whole Cloves
½ teaspoon Salt
Put in basket of percolator and plug in. Yields 10-12 servings.

A friend understands what you
are trying to say---even when your
thoughts aren't fitting
into words.
Ann D. Parrish

WASSAIL

By: Dorothy Carr

6 cups Apple Cider or Juice
1 Cinnamon stick
1 18-oz can unsweetened Pineapple Juice
1/4 cup Honey
3 tablespoons Lemon Juice
1 teaspoon grated Lemon Peel
Orange Stars (below)
1/4 teaspoon Nutmeg
Cinnamon Sticks

In large saucepan, heat cider and one cinnamon stick to boiling; reduce heat. Cover; simmer 5 minutes. Uncover; stir in remaining ingredients except Orange Stars and cinnamon sticks and simmer 5 minutes longer. Serve in punch bowl; float Orange Stars in bowl. Use cinnamon sticks as individual stirrers. Serves 16 (1/2 cup each.)

ORANGE STARS: Cut an orange into 1/4 inch slices. Insert 5 whole cloves at equal intervals in edge of each slice. Cut out a wedge of peel and pulp between each 2 cloves. (Floating Cloved Oranges can be used instead of Orange Stars): Heat oven to 325 degrees. Insert whole cloves about ½ inch apart in 3 oranges. Place in baking pan with just enough water to cover bottom of pan. Bake uncovered 30 minutes. These oranges can be baked a day ahead. Cover and refrigerate until ready to serve.

* *

True Friendship is like sound health:
the value of it is seldom known until it be lost.

Charles C. Colon

* *

Baked Goods

FAVORITE RECIPES

FROM MY COOKBOOK

Recipe Name	Page Number

Apricot Nut

By: Dorothy Carr

2-1/2 cups all-purpose Flour
1 cup sugar
3-1/2 teaspoons Baking Powder
1 teaspoon Salt
1 cup finely cut-up dried Apricots
1 tablespoon + 1 teaspoon grated Orange Peel
3 tablespoons Salad Oil
½ cup milk
3/4 cup Orange Juice
1 Egg
1 cup finely chopped Nuts

Heat oven to 350 degrees. Grease and flour loaf pan, 9x5x3-inches, or two loaf pans, 8-1/2x4-1/2x2-1/2-inches. Measure all ingredients into large mixer bowl; beat on medium speed ½ minute. Pour into pan(s). Bake 55 to 65 minutes or until wooden pick inserted in center comes out clean. Remove from pan(s); cool thoroughly before slicing.

Date Nut Bread: Omit orange peel, orange juice and apricots. Increase milk to 1-1/4 cups and add 1 cup cut-up dates.

Prune Nut Bread: Omit orange peel, orange juice and apricots. Add 3/4 cup prune juice and 1 cup drained shopped cooked prunes.

Basil Batter Rolls

By: JoAnn Black

2 pkgs active Dry Yeast
1-1/2 cups Warm Water (105 to 115 degrees)
1/3 cup Shortening
4 cups unbleached Flour
1/4 cup Sugar
1-1/2 teaspoons Salt
1 Large Egg
2 tablespoons Pesto
2 cloves of Garlic, minced
Melted Butter or Margarine

Combine yeast and warm water in a 2 cup liquid measuring cup, let stand 5 minutes. Combine yeast mixture, shortening, 2 cups flour, sugar, salt and egg, in a large mixing bowl, beat at medium speed on and electric mixer until well blended. Stir in pesto and garlic. Gradually stir in enough remaining flour to make a soft dough (dough will be sticky.) Cover and let rise in a warm place (85 degrees), free from drafts for 50 minutes or until doubled in bulk. Stir dough, spoon into greased muffin pans, filling half full. Cover and let rise in a warm place, free from drafts, 45 minutes. Bake at 400 degrees for 15 to 16 minutes or until golden. Brush with melted butter. If desired. Serves 2 dozen.

Encourage each other to build each other up.

1 Thessalonians 5:11 TLB

Cheese Caraway Batter Bread

By: Dorothy Carr

1 pkg active Dry Yeast
1-1/4 cups warm Water (105-115 degrees)
1 cup Sharp Cheddar Cheese, shredded
2-2/3 cups all-purpose Flour
Melted Butter or Margarine
2 tablespoons Sugar
2 teaspoons Salt
1 teaspoon Caraway Seed
2 tablespoons Shortening

In large mixer bowl, dissolve yeast in warm water. Add cheese, shortening, sugar, salt, caraway seed and 2 cups of the flour. Blend ½ minute on low speed, scraping bowl constantly. Beat 2 minutes medium speed, scraping bowl occasionally. (By hand, beat 300 vigorous strokes.) Stir in remaining flour until smooth. Scrape batter from side of bowl. Cover; let rise in warm place until double, about 30 minutes. Stir down batter by beating about 25 strokes. Spread evenly in greased loaf pan, 9x5x3-inches. Smooth out top of batter by patting into shape with floured hands. Cover; let rise until double, about 40 minutes. Heat oven to 375 degrees. Bake 45 minutes or until loaf sounds hollow when tapped. Brush top with melted butter. Remove loaf from pan; cool on wire rack.

Chili Biscuit Relleno

By: Twila Presley

Cornmeal
7-1/2-oz can refrigerated buttermilk biscuits
1/4 lb. Velveeta Pasteurized Process Cheese Spread, cubed
Chopped Green Chilies or Ripe Olives

Heat oven to 375 degrees. Grease 10 cups of medium-size muffin pans; sprinkle lightly with cornmeal. Press biscuit dough onto bottom and sides of each cup. Fill center of each cup with cubed cheese and 1 teaspoon chilies or ripe olives. Bake 12 to 14 minutes or until biscuits are golden brown. Serves 5.

The World is a rose: smell it and
pass it on to your friends.
Persian Proverb

Chocolate-Pumpkin Muffins

By: JoAnn Black

1/4 cup Butter or Margarine, melted
2 teaspoons Baking Powder
½ teaspoon Salt
6-oz pkg Semisweet Chocolate Morsels
1/4 cup Pecans or Walnuts, finely chopped
1-1/2 cups all-purpose Flour
1 lg. Egg, lightly beaten
½ teaspoon ground Cinnamon
1 cup Milk
½ cup canned Pumpkin

Combine flour, baking powder, salt, sugar and cinnamon in a large bowl; make a well in center or mixture. Combine milk, pumpkin, butter and egg; add to dry ingredients, stirring just until moistened. Stir in chocolate morsels. Spoon batter into greased muffin pans, filling three-fourths full. Sprinkle nuts over batter. Bake at 400 degrees for 20 minutes. Remove from pans immediately. Serves 1 dozen.

"Corn" Corn Bread

By: Caryl Collins

1 cup self-rising Cornmeal
2 Eggs
1 cup Sour Cream
16-1/2-oz can Creamed Corn
½ cup Oil

Mix all ingredients. Bake in greased pan at 400 degrees for 20-30 minutes. Serve warn with butter.

Cornmeal Pizza Crust

2 pkgs dry Yeast
1-1/4 cups Warm Water (105-115 degrees)
2-1/2 cups all-purpose Flour, divided
1/4 teaspoon Sugar
1-1/2 teaspoons Salt
1 cup plain yellow Cornmeal

Combine yeast, sugar, and water and allow to stand until bubbly, 5 minutes. In bowl of food processor, with plastic dough blade in place, add 2 cups flour, salt and cornmeal. With machine running, add yeast mixture and process 30 tp 40 seconds. Remove dough from processor and hand knead a few times, adding small amounts of flour if too sticky. Dough should be smooth but not dry. Place dough in oiled bowl and turn to coat. Cover and allow to rise until doubled in bulk, 1 hour. Punch down dough, then allow to rise 1 more hour. Preheat oven to 500 degrees. Divide dough into 4 equal balls. Press 1 ball of dough into 10" pizza pan. Bake in lowest oven rack until brown, 5 to 10 minutes. If not using right away, seal remaining dough balls in plastic bags and store in freezer. Yields 4 10" crusts.

CORN MUFFINS

By: Linda Stein

1 cup yellow Cornmeal
1 cup all-purpose Flour
2 tablespoons Sugar
4 teaspoons Baking Powder
½ teaspoon Salt
1 cup Milk
1/4 cup Shortening
1 Egg

Heat oven to 425 degrees. Grease bottoms of 12 medium muffin cups. Blend all ingredients about 20 seconds. Beat 1 minute. Fill muffin cups 2/3 full. Bake 15 minutes; immediately remove from pan. Serves 12.

* *

Hold a true friend with both your hands.

Nigerian Proverb

* *

CORNBREAD

By: Sarah Truitt

1-1/3 cups un-sifted all-purpose Flour
5 teaspoons Baking Powder
1 cup yellow Cornmeal
5 tablespoons Butter or Margarine, melted
½ cup Sugar
½ teaspoon Salt
1 Egg
1-1/2 cups Milk

Preheat oven to 350 degrees. Grease an 8x8x2-inch baking pan. Onto sheet of waxed paper, sift together flour, sugar, baking powder and salt; add cornmeal. In medium bowl, combine egg, milk and butter, mixing well. Add flour mixture, stirring only until flour mixture is moistened. Spoon batter into prepared pan; bake 50 to 55 minutes, or until golden-brown. Cut into small squares. Makes 16 servings. 143 calories per serving.

DATE BREAD

By: Vivian Heath

1 cup dates
3/4 cup Hot Water
1-3/4 cups all-purpose Flour
1 tablespoon Butter
1 teaspoon Baking Powder
1 teaspoon Baking Soda
1 teaspoon Salt
3/4 cup Sugar
1 Egg, beaten

Chop dates and place in shallow dish. Mix soda with hot water and pour over dates. Mix and let stand. Cream sugar, butter, and beaten egg. Add date mixture to this. Sift together flour, baking powder, and salt; add to date mixture. Stir until blended. Bake in well-greased 9x5x3-inch pan for one hour at 350 degrees.

* *

I remember the times you were there for me, showing real interest and concern. I'm thankful for the special understanding and closeness we share. How I enjoy being with you!

* *

FLAPJACKS

By: Judy Rollins

Mix 2 cups Bisquick baking mix and 1-1/3 cups water. Drop batter by spoonfuls onto lightly greased hot griddle. Turn when bubbles appear. Bake other side until golden brown. Makes about 16.
Blueberry Flapjacks: Stir **2 tablespoons sugar** into batter and gently fold in **1 cup blueberries**.
Corn Flapjacks: Stir in **1 cup drained whole kernel corn** into batter.

Fresh Apple Muffins

½ cup all-purpose Flour
½ cup Sugar (brown or white)
or 3 tablespoons Honey
½ teaspoon Salt
½ teaspoon Cinnamon
1 cup shredded un-peeled Apple
3/4 cup whole wheat Flour
2 teaspoon Baking Powder
1/3 cup Milk
1 Egg, lightly beaten
1/4 cup Butter or Margarine
melted

Sift dry ingredients. Add butter, sugar, milk, egg and apple. Stir just to moisten (batter should look lumpy.) Fill greased muffin tins about 2/3 full. Bake at 350 degrees for 30 minutes. Makes 10 to 11 muffins.

* *

A friend is one to whom one may pour
out all the contents of one's heart, chaff
and grain together, knowing that gentle
hands will take and sift it, keep
what is worth keeping, and
with a breath of kindness,
blow the rest away.

George Eliot

* *

MUFFINS

By: Twila Presley

1 Egg
3/4 cup Milk
½ cup Vegetable Oil

2 cups self-rising Flour
1/3 cup Sugar

Heat oven to 400 degrees. Grease bottoms only of about 12 medium muffin cups, (may line with paper baking cups.) Beat egg in medium bowl; stir in milk and oil. Stir in flour and sugar all at once just until flour is moistened (batter will be lumpy.) Fill muffin cups about 3/4 full. Bake until golden brown, about 20 minutes. Immediately remove from pan. Makes about 12.
Apple-Nut Muffins: Stir in 1 medium all-purpose apple, pared and chopped, with the milk and ½ teaspoon ground cinnamon with the flour. Substitute packed brown sugar for the sugar. Sprinkle over batter in each muffin cup. Mix 1/4 cup packed brown sugar, 1/4 cup chopped nuts and ½ teaspoon ground cinnamon.
Blueberry Muffins: Stir in 1 cup fresh or 3/4 cup frozen blueberries (thawed and well drained) with the milk.
Bran Muffins: Pour milk over 1-1/2 cups shreds of bran cereal in medium bowl; let stand 1 minute. Stir in 1 egg, oil and 3 tablespoons molasses. Decrease flour to 1-1/4 cups. Substitute 4 cup packed brown sugar for the 1/3 cup sugar.
Honey-Orange Muffins: substitute honey for the sugar and stir in with the milk. Stir in 2 tablespoons grated orange peel with the flour. Spoon 1 teaspoon orange marmalade onto batter in each cup.
Oatmeal-Raisin Muffins: Stir in 1 cup raisins with the milk. Decrease flour to 1 cup; stir in 1 cup of quick-cooking oats, ½ teaspoon ground nutmeg and 1/4 teaspoon ground cinnamon with the flour. Substitute packed brown sugar for the sugar.
Surprise Muffins: Fill muffin cups about ½ full. Spoon 1 teaspoon strawberry jam onto batter in each cup; top with enough batter to fill cups about 3/4 full.
WHOLE WHEAT MUFFINS: Substitute 1 cup whole wheat flour for 1 cup of the self-rising flour. Substitute packed brown Sugar for the sugar if desired.

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Some may love the admirable
qualities that a person may
possess, but a friend loves
the person himself.

Our Best Bran Muffins

By: Becky Harelson

1-1/4 cups all-purpose Flour
1/4 teaspoon Salt
1-1/2 cups All-Bran Cereal
1 Egg
½ cup Sugar
1 tablespoon Baking Powder
1-1/4 cups Milk
1/4 cup Vegetable Oil

Stir together flour, sugar, salt and baking powder; set aside. In large mixing bowl, combine All-Bran cereal and milk. Let stand about 3 minutes or until cereal softens. Add egg and oil, mix well. Add flour mixture; stirring only until combined. Portion batter evenly into 12 lightly greased 2-1/2-inch muffin pan cups. Bake in 400 degree oven about 20 minutes or until golden brown. Serve warm. Serves 12.

Pumpkin Bread

By: Linda Barnes
Susan Dockery, Ginnie Ingram

3 cups Sugar
1 cup Oil
1 teaspoon Cinnamon
2/3 cup Water
3-1/3 cups all-purpose Flour
1 teaspoon Vanilla
4 Eggs
1-1/2 teaspoon Salt
1 teaspoon Nutmeg
2 16-oz cans Pumpkin
2 teaspoon Soda

Mix in order given. Put in 2 well-greased loaf pans or a 9x12 pan. Bake at 350 degrees for one hour or until done. Freezes well. Makes 2 loaves

Variations:

- May substitute squash for pumpkin. If fresh squash or pumpkin is used, do not use as much water in recipe.
- May substitute whole wheat flour for part of all-purpose flour.
- Nuts and raisins may also be added.

* *

They are rich who have
true friends,
Thomas Fuller

Quick Italian Bread

By: Judy Rollins

6 tablespoons soft Margarine
1 teaspoon dried Basil Leaves
1 loaf (1-lb) French Bread, cut in lengthwise
1 cup seeded Tomatoes, chopped
1 Garlic clove, minced
1 teaspoon dried Oregano leaves
½ cup chopped cooked Pepperoni

Heat broiler. Mix margarine, seasonings and garlic until well blended. Place each bread half, cut side facing up, on cookie sheet spread with margarine mixture. Top with process cheese spread, chopped tomatoes and pepperoni. Broil 5 to 7 inches from heat for 5 minutes or until process cheese spread begins to melt. Garnish with chopped fresh basil. Makes 20 servings VARIATION: Substitute cooked Italian sausage or chopped cooked chicken for pepperoni.

Raised Flapjacks

1 pkg active dry Yeast
1/4 cup warm Water (105-115 degrees)
2 cups Bisquick Baking Mix
1 Egg
1-1/2 cups Milk

In mixing bowl, dissolve yeast in warm water. Add egg, milk and baking mix; beat with rotary beater until smooth. Cover; let stand at room temperature 1-1/2 hours or refrigerate at least 8 hours. Pour batter from tip of large spoon or from pitcher onto hot griddle. (Grease griddle lightly if necessary.) Turn when bubbles break. Bake other side until golden brown. Makes 20 4-inch flapjacks.

Simple Cornbread

By: Pat Adair

1 Egg
½ cup Flour
little Oil
2 cups Cornmeal
1 teaspoon Sugar
Buttermilk

Bake in 450 degree oven. Mix all ingredients thoroughly and bake until golden brown.

Friends should be preferred to kings.

Voltaire

STRAWBERRY BREAD

By: JoAnn Black

2 10-oz pkg frozen Strawberries thawed and slices
1 teaspoon Cinnamon
2 cups Sugar
1 teaspoon Salt
3 cups plain Flour
1 teaspoon Baking Soda
1-1/4 cups Vegetable Oil
4 Eggs, well beaten
1 cup Pecans, chopped

Mix all dry ingredients together in a large bowl. Make a hole in the center of the mixture. Pour strawberries, oil and eggs into the hole. Mix by hand until all ingredients are thoroughly combined. Stir in chopped pecans. Pour into two greased and floured 9x5x3-inch loaf pans. Bake in a 350 degrees oven for 60 minutes. NOTE: This recipe also bakes well in a Bundt pan. Serves 12 to 16.

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I always felt that the great high privilege, relief, and comfort of friendship was that one had to explain nothing.

Katherine Mansfield

* *

BREAKFAST FOODS

BISCUITS

2-1/4 cups Bisquick Baking Mix
2/3 cup Milk

Heat oven to 450 degrees. Stir ingredients until soft dough forms. Turn onto surface dusted with baking mix. Knead 10 times. Roll dough 1/2-inch thick. Cut with 2-1/2-inch cutter. Place on ungreased cookie sheet. Bake 8 to 10 minutes or until golden brown. Make 9 biscuits.

Breakfast Casserole

By: Margaret Bloodworth

1 can cooked Biscuits
1-1/2 cup grated Cheese (mild or sharp)
6 Eggs
1/4 teaspoon dried Mustard
1 lb. Ham, cut into pieces
2 cups Milk
½ teaspoon Salt
½ Nutmeg

Place cooked biscuits (halved) in bottom of 13x9-inch baking dish. Spread ham pieces over top of biscuits. Sprinkle on cheese. Beat eggs, milk, salt and spices together; pour over cheese. Soak overnight, covered and refrigerate. Remove cover and bake at 350 degrees for 35-45 minutes until brown

Cheese-Egg Bake

By: Renee' Presley Gregory

1 cup sliced Onion
1 tablespoon Butter or Margarine
8 hard-cooked Eggs, sliced
1/4 teaspoon Dill Weed
2/4 cup Milk
1 teaspoon prepared Mustard
½ teaspoon seasoned Salt
1/4 teaspoon Pepper
6 slices Caraway Rye Bread, buttered and cut diagonally into 4 pieces
2 cups (8-ozs.) shredded process Swiss Cheese
1 10-1/2-oz. condensed Cream of Mushroom Soup

Heat oven to 350 degrees. Cook and stir onion in butter until onion is tender; spread in ungreased baking dish, 12x8x2-inches. Top with egg slices; sprinkle with cheese. Beat remaining ingredients except bread. Pour soup mixture over cheese; overlap bread slices buttered side up on top of casserole. Bake uncovered 30 to 35 minutes or until heated through. Set oven control at broil and/or 550 degrees. Broil 5 inches from heat 1 minute or until bread is toasted. Serves 6. **To make casserole ahead:** Do not top with bread slices or bake. Refrigerate several or overnight. One hour before serving, top casserole with bread slices; bake uncovered 40 to 45 minutes.

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Love is the only force capable of transforming an enemy into a friend.

Martin Luther King

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PANCAKES

2 cups Bisquick Baking Mix
2 Eggs
1 cup Milk

Stir ingredients until blended. Pour by scant 1/4 cupfuls onto hot griddle. Cook until edges are dry. Turn; cook until golden. Makes 14 pancakes.
Blueberry Pancakes: Fold 1 cup fresh or frozen (thawed and drained) blueberries into batter.
To Reheat: Microwave pancakes on High until hot. (Be sure to check pancakes for hotness because if left to long they will become tough.)

WAFFLES

2 cups Bisquick Baking Mix
1 Egg
1-1/3 cups Milk
2 tablespoons Vegetable Oil

Stir ingredients until blended. Pour onto hot waffle iron. Bake until steaming stops. Make 12 4-inch waffles.
To Reheat: Heat waffles in toaster until crisp.

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God evidently does not intend us all
to be rich or powerful or great, but
he does intend us all
to be friends.

Ralph Waldo Emerson

* *

Beef

FAVORITE RECIPES

FROM MY COOKBOOK

Recipe Name	Page Number

BARBECUED RIBS

By: Twila Presley

3 to 4 lbs. (Beef or Pork) Ribs
2 tablespoons Butter or Margarine
1 clove Garlic, chopped
1 tablespoon Paprika
1 tablespoon Worcestershire Sauce
Dash Tabasco Sauce
1 cup Ketchup
2 tablespoons Lemon Juice
1 cup water
2 Onions, sliced
2 Lemons, slice

Cut ribs into pieces, place in roasting pan; brown at 450 degrees for 30 minutes. Melt butter in sauce pan, saute garlic for 1 minute. Add ketchup, water, lemon juice, paprika, Worcestershire, Tabasco, onions and lemons; bring to a boil. Pour fat from ribs. Pour sauce over ribs and bake at 350 degrees for 1-1/2 hours. Baste occasionally.

BEEF AND BROCCOLI

By: Twila L. Presley

1/4 cup Cornstarch
2 tablespoons Dry Sherry
3 tablespoons Oil
1 cup Shelled Peanuts
1-1/2 lb. Round Steak, cut across grain diagonally into thin slices
2 bunches Broccoli, cut into small florets with 2-inch stems
4 tablespoons Soy Sauce
3 teaspoons Sugar
1 clove Garlic crushed

Mix well half the cornstarch, soy sauce, sherry, 2 tablespoons water and sugar. Add beef, toss to coat well. Cover and refrigerate up to 1 day. In a bowl mix remaining cornstarch, soy sauce, ½ cup water and set aside. In a large heavy skillet heat oil until hot but not smoking. Add beef and saute' for 2 or 3 minutes. Remove with slotted spoon and set aside. Add garlic, broccoli and 1/4 cup water. Bring to boil, cover and cook for about 3 minutes. Add beef, peanuts and cornstarch mixture and stir until sauce thickens.

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Yes, we must ever be friends;
and of all who offer you friendship.
Let me be ever the first, the truest,
the nearest, and the dearest!
Henry Wadsworth Longfellow

BEEF KABOBS

2 lbs. high-quality Beef tips or round, cut into 1-1/2-inch cubes
1 can condensed Beef Consomme'
2 tablespoons Soy Sauce
1/4 teaspoon Onion, powdered
1/3 cup Apple Juice
2 cloves Garlic, crushed
1 tablespoons + 1 teaspoon Cornstarch

Place beef in rectangular baking dish, 13x9x2-inches. Heat consomme', apple juice, soy sauce, garlic and onion powder to boiling; reduce heat. Simmer uncovered 5 minutes; cool. Pour mixture on beef. Cover and refrigerate, spooning mixture over beef occasionally, at least 3 hours. Thread 4 or 5 beef cubes on each of 6 to 8 skewers. Stir marinade gradually into cornstarch in saucepan. Cook, stirring constantly, until mixture thickens. Boil and stir 1 minute. Brush over Kabobs. Set oven control to broil and/or 550 degrees. Broil Kabobs with tops about 4 inches from heat 7 minutes; turn. Brush with sauce and broil 7 minutes. Place on hot platter; spoon on remaining sauce. Serves 8. 560 calories per serving.

BEEF STEW

By: Linda Stein

2 tablespoons
½ teaspoon Salt
1/8 teaspoon black Pepper
1 lb Beef, cubed
2 tablespoons Shortening
1/4 teaspoon whole Thyme
1 can Tomato Soup
1 soup can water
6 small Onions
6 small Carrots, cut in half
3 Potatoes, quartered

Combine flour, salt, and pepper; roll meat in this mixture. Brown meat in shortening in large heavy pan. Add tomato soup and water. Cover and simmer 1-1/2 hours; stir now and then. Add onions, carrots, potatoes and thyme. Cook covered, until vegetables are tender, about 1 hour. If desired, cook uncovered during the last 10 minutes to thicken sauce. Makes 4 to 6 servings.

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Without confidence there is no friendship.

Epicurus

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Braised Beef Cubes

By: Dorothy Carr

1-1/2 lbs. Beef, cut into 2x1 inch pieces
½ medium Onion, finely chopped
All-purpose Flour
2 tablespoons Oil
1 cup Water
Pepper to taste
Salt to taste

Roll beef cubes in flour. Brown in oil on top of stove in a Dutch oven or large heavy pan. Add water and bake with a cover in a 350 degree oven for 1-1/2 hours. Remove the cover and bake for another 30 minutes. Serves 4.

Grandma's Fried Steak

By: Elfie McDuffie

2 lbs. tenderized Round Steak
2 teaspoons Seasoned Salt
Flour
2 Eggs, beaten
3 teaspoons Onion Powder

Cut steak into portions as desired. Season meat and dip into egg; coat with flour. Brown and cook on both sides as you would steak or pork chops.

Green Pepper Beef

½ lb. lean Beef, round or sirloin

Marinade: 2 teaspoons Cornstarch
2 tablespoons Soy Sauce
1 tablespoon Peanut Oil
½ teaspoon Salt
½ teaspoon Wine

5 tablespoons Peanut Oil, divided
1 Green Onion, 1/4" slices
3 thin slices Ginger Root, shredded
3 cups Green or Red Peppers, cut into 1/4" strips
½ teaspoon Sugar
½ teaspoon Salt

Shred beef as thin as possible, cutting across the grain. Meat is easier to shred if partially frozen. Marinate for 1 hour. Meanwhile prepare other ingredients. Heat Wok for about 2 minutes on "High"; add 2 tablespoons oil and heat 1 minute. Add and stir-fry using a wooden spoon, quickly for about 1 minute; remove to platter. Add 3 tablespoons oil, onion and ginger root to the Wok and stir-fry 1 minute. Add vegetables, salt, sugar and stir-fry for 3 to 4 minutes. Add beef, mix and serve. Makes 4 servings.

Green Pepper Steak and Rice

By: Sarah Truitt

1-1/2 lbs. Sirloin Tip Steak, cut 1/4 in. thick strips
1 tablespoon Paprika
2 tablespoons Vegetable Oil
1 cup sliced Green Onions + tops
2 Green Peppers, cut into strips
1 cup Beef Broth
2 tablespoons Cornstarch
2 cloves Garlic, crushed
2 large fresh Tomatoes, chopped
1/4 cup Water
2 tablespoons Soy Sauce
3 cups hot cooked Rice

Sprinkle steak with paprika and allow to stand while preparing other ingredients. Heat oil in Wok or large skillet. Add steak and cook, stirring, over high heat until meat is browned. Add garlic, vegetables, and broth; cover and simmer about 15 minutes. Blend water with cornstarch and soy sauce. Stir into steak and cook until thickened. Serve over beds of fluffy rice. Serves 6.

Hearty Vegetable Beef Stew

1 lb. Stew Beef, cut in 1-inch cubes
2 tablespoon Oil
3 tablespoons Flour
1 14-oz. can Beef Broth
14.5-oz. can diced Tomatoes with basil, garlic & oregano
14.5-oz. can whole New Potatoes, drained & cut into chunks
14.5-oz. can sliced Carrots, drained
8.75-oz. can golden Sweet Whole Kernel Corn, drained

Combine meat and flour in a plastic bag; toss to coat evenly. In 6-quart pot, brown meat in oil; drain. Add tomatoes and broth. Bring to boil; reduce heat. Cover and simmer 50 minutes or until beef is tender. Add vegetables; cook, uncovered, 10 minutes. Serve with warm bread, if desired.

* *

A good friend listens to me like no one
else and does so without judgement.
I can "spill my guts" and see myself as I
truly am ----- be it selfish, sinful,
silly, or insecure.

Vicki Williamson

London Broil

1 tablespoon Butter or Margarine
2 medium Onions, thinly sliced
2 tablespoons Salad Oil
2 cloves Garlic, crushed
1/4 teaspoon Pepper
1/4 teaspoon Salt
1 teaspoon Lemon Juice
½ teaspoon Salt
2 lbs. high-quality Flank Steak, scored*

Melt butter in skillet. Cook and stir onions and 1/4 teaspoon salt in butter until onions are tender. Keep warm over low heat. Stir together salad oil, lemon juice, garlic, ½ teaspoon salt and pepper; brush on top side of meat. Set oven control at broil and/or 550 degrees. Broil meat 2 to 3 inches from heat about 5 minutes or until brown. Turn meat; brush with oil mixture and broil just until rare, 5 minutes longer. Cut meat across at a slanted angle into very thin slices; serve with onions. Serves 6 to 8
*Cut lightly in a crisscross pattern-usually done by your meat retailer.

Marinated Steak Burritos

By: Twila Presley

1 cup bottled fat free Italian Dressing
Vegetable Cooking Spray
1 cup shredded reduced fat Cheddar Cheese
1-1/2 lbs. Lean, boneless Round Steak (or boneless chicken)
1 pkg. fat free Tortillas
½ cup Green Onions, sliced

Remove tortillas from refrigerator; set aside. Place round steak in a baking dish just large enough to hold it; pierce well with a fork. Pour dressing on top of steak; turn to coat well. Cover with plastic wrap and refrigerate at least 4 hours, turning once. Remove steak from pan; discard marinade. In a large non-stick skillet that has been lightly coated with cooking spray, cook tortillas according to package directions. Divide sliced steak between tortillas. Top with green onions and shredded cheese; fold into burritos. Makes 10 burritos.

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A friend may well be reckoned
the masterpiece of nature.
Ralph Waldo Emerson

* *

New England Boiled Dinner

By: Dorothy Carr

3-4 lb. Corned Beef Brisket
8 Medium Carrots
4 Potatoes, pared and halved or quartered
1 medium Green Cabbage, cut into wedges
8 small Onions
Caraway Seed
2 Turnips, cubed, if desired

Place brisket in large kettle; cover with cold water. Cover tightly; simmer 3-1/2 hours or until tender. Skim fat from liquid. Add onions, carrots, potatoes and turnips. Sprinkle with caraway seed. Cover; simmer 20 minutes. Remove meat to warm platter. Add cabbage; simmer uncovered 10 to 15 minutes longer or until vegetables are tender. Serves 8. To carve meat, cut thin diagonal slices across the grain at a slanting angle from 2 or 3 "faces" of meat.

Old-Fashioned Beef Stew

½ cup Flour, self-rising
1/4 teaspoon Pepper
1 tablespoon Salt
2 Beef bouillon cubes
1 med. Turnip, cut into 1-in. cubes
1 cup sliced Celery (1-inch pieces)
2 lbs. Beef Stew Meat, cut into 1-in. pieces
3 pared med. Potatoes, cut into 1-in. cubes
½ teaspoon Salt
6 cups Hot Water
1 bay leaf
2 tablespoons Shortening
4 Carrots, cut into 1-in. slices
1 Green Pepper, cut into strips

Mix flour, ½ teaspoon salt and the pepper. Coat meat with flour mixture. Melt shortening in a large skillet; brown meat thoroughly. Add water; heat to boiling. Reduce heat; cover and simmer 2 hours. Stir in remaining ingredients. Simmer 30 minutes or until vegetables are tender. If desired, thicken stew. In covered jar, shake 1 cup cold water and 2 to 4 tablespoons flour until blended. Stir into stew; heat to boiling, stirring constantly. Boil and stir 1 minute. Serves 6.

An undeserved and unexpected gift
is the most pleasant to give
and to receive.
Janette Oke

PEPPER STEAK

By: Judy Rollins

1-1/4 lbs. Beef top round or Sirloin Steak, about 1-inch thick
1/4 cup Vegetable Oil
1 medium Onion, into 1/4-inch slices
1/4 teaspoon ground Ginger
2 to 3 teaspoons Sugar (optional)
2 med. Green Peppers,
cut into 1/4-inch wide strips
1 cup Water
½ teaspoon Garlic Salt
1 tablespoon Cornstarch
2 tablespoons Soy Sauce
2 medium tomatoes

Trim fat from beef; cut beef into strips 2x1-1/4-inch. Heat oil in large skillet. Add beef; cook, turning frequently, until brown, about 5 minutes. Stir in water, onion, garlic salt and ginger. Heat to boiling; reduce heat. Cover and simmer 12 to 15 minutes for round steak, 5 to 8 minutes for sirloin. Add green pepper strips during last 5 minutes of simmering. While beef simmers, cook instant rice as directed on package for 4 servings. Blend cornstarch, sugar and soy sauce; stir into beef mixture. Cook, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute. Cut each tomato into eighths and place on beef mixture. Cover; cook over low heat just until tomatoes are heated through, about 3 minutes. Serve with rice. Serves 4. 760 calories per serving.

ROUND STEAK AND GRAVY

By: Elfie McDuffie

2 lbs. tenderized Round Steak
2 cups Water
1 fresh Onion, chopped
2 tablespoons Onion Powder
3 tablespoons Onion, chopped
2 teaspoons Seasoned Salt
Flour
½ teaspoon Pepper

Sprinkle meat with onion powder and salt and small amount of pepper. Cut steak into six portions; coat both sides of steak pieces with flour. Brown on both sides. Add water. Cook 30 to 45 minutes on low heat. Check meat and pick up with spatula to keep from sticking to skillet. After browning meat; check and stir meat every 10 minutes.

* *

The more I know you, the more
I want to know you more.
Roy Lessin

ROUND STEAK STEW

By: Elfie McDuffie

2 lbs. Round Steak, tenderized
16 oz. frozen or can mixed Vegetables
2 teaspoons Seasoned Salt
3 teaspoon Onion Powder
2 lbs. Idaho Potatoes
16 oz. stewed Tomatoes + juice
1 teaspoon Pepper
1 fresh Onion, chopped

Cut steak into small pieces and sprinkle with seasoned salt, onion powder and a little pepper. Coat each piece of meat with flour and brown lightly; cook and stir occasionally for 30 minutes. Cook whole potatoes until firm but not mushy. Add potatoes to mixed vegetables, tomatoes and cook about 15 minutes. Blend all ingredients together after cooking.

SAVORY POT ROAST

3-1/2 to 4 lbs. Round Steak/ Chuck Pot Roast
1 can Cream of Mushroom Soup
1 pouch dry Onion Soup Mix
6 medium Potatoes, quartered
2 tablespoons all-purpose flour
2 tablespoons Vegetable Oil
1-1/4 cups Water, divided
6 Carrots, cut into 2" pieces

In a 6-quart Dutch oven, in hot oil, cook roast until browned on all sides. Spoon off fat. Stir in mushroom soup, onion soup mix and 1 cup of the water. Reduce heat to low. Cover; simmer 2 hours or until meat is tender, turning occasionally. Add vegetables. Cover; cook 40 minutes or until roast and vegetables are fork-tender. Remove roast and vegetable to platter. Over medium heat, cook sauce until slightly thickened. In cup, stir together flour and remaining 1/4 cup water. Gradually stir into Dutch oven. Cook until mixture boils and thickens, stirring constantly. Serve 8.

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God evidently does not intend us all to be rich or powerful or great, but He does intend us all to be friends.

Ralph Waldo Emerson

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SENSATIONAL BEEF STROGANOFF

By: Twila Presley

1 lb. boneless Round Steak, 3/4 in. thick
Chopped fresh Parsley for garnish
2 tablespoons Margarine, divided
1 can Cream of Mushroom Soup
½ cup Sour Cream or plain Yogurt
½ cup Onion, chopped
½ teaspoon Paprika
hot cooked Noodles

Slice beef (to slice beef easier, freeze beef about 1 hour) across the grain into very thin strips. In skillet over high heat, in 1 tablespoon hot margarine, cook ½ the beef and ½ the onion until beef is no longer pink and onion is tender; set aside. Repeat with remaining margarine, beef and onion. Return meat mixture to skillet. Stir in soup and paprika. Heat through, stirring occasionally. Reduce heat to very low. Stir in sour cream. Gently heat through. Serve over noodles. Garnish with parsley. Serves 6.

SPICY FLANK STEAK

2-1/2 lbs. Flank Steak
2 tablespoons firmly packed brown Sugar
1 envelope LIPTON RECIPE SECRETS FIESTA HERB WITH RED PEPPER SOUP MIX
1/4 cup Olive or Vegetable Oil

With knife, score (lightly cut) top of flank steak. In small bowl, blend fiesta herb with red pepper soup mix, oil and sugar. Brush ½ of the mixture on meat. Broil or grill, turning once and brushing with remaining mixture, until done. Serve, it desired, with assorted grilled peppers and garnish with fresh rosemary. Makes 6 servings.

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No distance of place or lapse of time
can lessen the friendship of those who
are thoroughly persuaded
of each other's worth.

Robert Southey

* *

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Best friends arrive on our emotional doorstep through a combination of good chemistry, providence, and the surprises God chooses to delight us with. If he wants a friendship to happen------it will.

Elizabeth Cody Newenhuyse

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SUKIYAKI

By: Twila L. Presley

1-1/2 lbs. lean Round Steak
3 tablespoons Soy Sauce
1-1/2 cups Celery, sliced diagonally
3/4 lb. Mushrooms, sliced
Hot, cooked rice.
1 cup Beef Bouillon
6 tablespoons Corn Oil
1-1/2 medium Onion, sliced
3/4 lb. fresh Spinach

Slice meat into thin diagonal strips, about 3 inches long, cutting across the grain. Combine bouillon and soy sauce. Heat 3 tablespoons corn oil in a large heavy skillet. Add half the meat and brown, turning frequently. Add half the soy sauce mixture, then put meat to one side of pan. Add half of all vegetables, except spinach, keeping each vegetable separate; cook, turning often, 3 to 4 minutes. Add half the spinach and cook 1 to 2 minutes longer. Serve immediately with rice and sauce from pan. Cook remaining ingredients. Serves 4.

SWISS STEAK

By: Twila Presley

1/4 cup Flour
1 cup Onion soup
Shortening
1-1/2 lbs. Round Steak
1/3 cup Sour Cream (if desired)

Put flour onto a cutting board and place steak on top of flour. Pound steak into flour, turn and repeat again. Brown both sides in shortening in heavy skillet. Pour in onion soup (and sour cream, if desired). Cover ; cook over low heat about 1 hour or until meat is tender.

TERIYAKI STEAK

By: Janice Bell

1 cup Soy Sauce
½ cup Sugar (to taste)
3 or 4 cloves Garlic, mashed
1 cup water
2 in. Ginger, grated
½ teaspoon MSG (optional)

Combine ingredients. Marinate meat at least 2 to 3 hours. Cook as desired. (Top sirloin or chuck steak may be used)

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A friend is a person with a sneaky knack of saying good things about you behind your back.

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THRIFTY MEAT DISH

By: Renee' Presley Gregory

1-1/2 lbs stew Beef, chopped or cut in small pieces
Dash of Salt and Pepper
1 can Cream of Mushroom Soup
1 can of Onion Soup
1-1/4 cans Water

Bake in covered 2-quart casserole dish for 2 hours on 300 degrees and serve over rice.

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Friendship is the fruit of those who sow kindness.

* *

YANKEE POT ROAST WITH ONIONS

2 tablespoons Bacon Fat or Salad Oil
5 to 5-1/2 lb. Beef Rump or Round Roast
1 clove Garlic, minced
1 10-1/2-oz. can Beef Broth
½ teaspoon salt
1 lb. small white boiling Onions, peeled
½ cup Onion, chopped
½ cup Carrots, chopped
½ Bay Leaf, crumbled
1 8-oz. can Tomato Sauce
1/4 teaspoon Pepper
2 tablespoons all-purpose Flour

In hot bacon fat in 6-quart oven-proof Dutch oven, brown meat, turning with two wooden spoons, until well browned on all sides, about 20 minutes in all. Preheat oven to 350 degrees. Push roast to one side of pan; add chopped onion, carrot, garlic and bay leaf; saute 5 minutes. Add water to beef broth to make 1-1/2 cups; pour over meat, along with tomato sauce. Add salt and pepper. Bake, covered, 1-1/2 hours or until meat is almost fork-tender; add boiling onions. Bake 20 minutes longer, or until meat is fork-tender. Remove roast and onions to warm serving platter. Strain pan liquid, discarding particles. Skim fat off liquid. In small bowl, combine flour and ½ cup water, stirring until smooth. Return strained liquid to Dutch oven; stir in flour mixture. Bring to boiling, stirring until slightly thickened. Pass sauce around to be served over roast. Serves at least 6.

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A friend is the hope of the heart.

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Cakes & Frostings

FAVORITE RECIPES

FROM MY COOKBOOK

Recipe Name	Page Number

CAKES

ANGEL FOOD CAKE

By: Twila Presley

Use Angel Food Cake mix following package instructions. Frost with the **Mackenzie Strawberry Frosting:** Combine 1 egg white, 1 cup sugar, and 1 cup sliced fresh strawberries in a blender and whirl until thick and fluffy. Yield: frosting for an angel food cake.

APPLESAUCE CAKE

½ cup Butter or Margarine, softened
1-1/4 cups all-purpose Flour
1 teaspoon Baking Soda
3/4 cup seedless Raisins, chopped
1 cup Applesauce, at room temperature
3/4 cup chopped Walnuts or Pecans
1 cup Sugar
1 Egg
1 teaspoon Cinnamon
1/4 teaspoon ground Cloves
½ teaspoon Salt

Preheat oven to 350 degrees. Grease a 13x9-inch baking dish. In large mixer bowl cream butter or margarine and sugar until light and fluffy. Add egg and beat until combined. In medium bowl combine flour, baking soda, cinnamon, salt and cloves. In small bowl combine raisins, nuts and applesauce. Spread evenly into prepared pan. Bake 30 minutes or until toothpick inserted in center comes out clean. Cool in pan on wire rack. **Frosting:** In small saucepan melt **1/4 cup butter or margarine** over low heat. Remove from heat. Add **½ cup firmly packed light brown sugar**. stirring until smooth. Bring to a boil over low heat. stirring constantly. Boil 1 minute; remove from heat. Add **3 tablespoons milk**. With wooden spoon gradually stir in **3/4 cup sifted confectioners' sugar** until frosting is thick and smooth. Add **½ teaspoon vanilla extract**. Continue beating until frosting is thick enough to spread frost while cake is slightly warm. Makes 24 servings, about 200 calories each.

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When our load is light, it's time to carry someone else's

Janette Oke

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BEST EVER CAKE

By: Doris Presley

1 box Yellow Cake Mix
1 small box Vanilla Instant Pudding
½ cup Oil
½ cup Water
1 bar German Sweet Chocolate, grated
4 Eggs
6-oz. pkg. Chocolate Chips
1 cup Pecans
8-oz. Sour Cream

Mix cake mix, instant pudding, oil, water, sour cream and eggs with electric mixer until well blended. Add remaining ingredients and pour into a greased, floured bundt pan. Bake at 325 degrees for 55 minutes. Check for doneness with a toothpick.

BLUEBERRY COFFEECAKE

By: Becky Harelson

3 cups all-purpose Flour
1-1/2 teaspoons Baking Powder
3/4 teaspoon Baking Soda
1/4 teaspoon Salt
1 tablespoon Flour
½ teaspoon ground cinnamon
3/4 cup Butter or Margarine, softened
1-1/2 cups granulated Sugar
1 teaspoon Vanilla Extract
4 Eggs
1 cup Sour Cream
2 cups Blueberries, washed
1 cup confectioner' Sugar
1 to 2 tablespoons Milk

Lightly grease and flour a 10-inch tube pan. Preheat oven to 350 degrees. Sift 3 cup flour with baking powder, soda and salt; set aside. In small bowl, combine brown sugar with 1 tablespoon flour and the cinnamon; mix well. In large bowl of electric mixer, at medium speed, beat butter with granulated sugar and vanilla until fluffy. Add eggs, one at a time, beating after each addition. At low speed, beat in flour mixture (in three additions) alternately with sour cream (in two additions), beating until combined. Turn one third of batter into prepared pan, spreading evenly. Sprinkle with half the blueberries and half the brown-sugar mixture. Repeat layering of remaining batter, blueberries and brown-sugar mixture. Bake 60 minutes, or until cake tester inserted in center comes out clean. Cool in pan on wire rack 20 minutes. Gently remove from pan. Mix confectioners' sugar and milk until smooth; drizzle over cake. Makes 10 servings.

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God Is Good!!! All The Time!!!

CAROLINA LEMON POUND CAKE

By: Dorothy Carr

1 box Lemon Cake Mix ½ cup finely chopped Nuts (optional)
use 2 tablespoon Water LESS than pkg. directions

Mix according to cake mix instructions. Heat oven to 350 degrees. Grease and flour 12-cup bundt pan, tube pan, 10x4 inches, or 2-quart anodized aluminum mold. NOTE; the ingredient list above. Pour batter into pan. Bake 45 to 55 minutes or until wooden pick inserted in center comes out clean. Cool 10 minutes; remove from pan. Glaze with Lemon Glaze (below), dust with confectioner's sugar or serve with ice cream and fruit. **Lemon Glaze:** Combine 1-1/2 cups of Betty Crocker's (dry) lemon frosting with 2 to 3 tablespoons hot water and 1 tablespoon light corn syrup until smooth. Stir in 1 to 2 teaspoons water if necessary.

CHERRY CHEESE CAKE

By: Jill Cook

1 8-oz. package Cream Cheese, soften
2 cups Cool Whip
1 cup Sugar
1 can Cherry Pie Filling

Cream the cheese. Add sugar and cool whip. Pour into a graham cracker pie crust. Pour onto the top of the cream cheese mixture the cherry pie filling.

CHERRY DUMP CAKE

By: Judy Rollins

1 jar Cherry Pie Filling
1 box Cake Mix
Pecans, chopped
1 can chuck Pineapple, drain
1 small tub Margarine, melted

Preheat oven at 375 degrees. In a 13x9-inch baking dish, pour cherry pie filling. Spread evenly. Spoon pineapple chucks over the cherry pie filling. Top with dry cake mix; spread evenly. Pour over the top of the cake mix, the melted margarine. DO NOT STIR! Bake for 30 minutes; removed from oven and let cool or serve immediately with ice cream.

CHOCOLATE CHIP CHEESECAKE

1-1/2 cups finely crushed creme-filled Chocolate Sandwich Cookies (about 18)
1/4 cup Margarine or Butter, melted
3 8-oz pkgs Cream Cheese, softened
1 cup mini Chocolate Chips
1 can Eagle Brand Milk
3 Eggs
2 teaspoons Vanilla Extract
1 teaspoon Flour

Preheat oven to 300 degrees. Combine crumbs and margarine; pat firmly on bottom of 9-inch springform pan. In large mixer bowl, beat cheese until fluffy. Add Eagle Brand; beat until smooth. Add eggs and vanilla; mix well. In small bowl, toss together ½ cup chocolate chips with flour to coat; stir into cheese mixture. Pour into prepared pan. Sprinkle remaining chocolate chips evenly over top. Bake 1 hour or until cake springs back when lightly touched. Cool to room temperature. Chill. Remove side of pan. Garnish as desired. Refrigerate leftovers.

Don't walk in front of me,
I may not follow.
Don't walk behind me, I may not lead.
Walk beside me and just be my friend.
Albert Camus

COOKIE SHEET CAKE

By: Elizabeth Rickman

2 cups Sugar
4 tablespoons Cocoa
1 teaspoon Vanilla
2 cups Flour
½ cup Crisco
½ cup Buttermilk
1 cup Water
2 eggs
½ teaspoon Soda

Mix together sugar & flour. Bring to a boil water, cocoa and Crisco. Pour over first flour mixture. Add eggs, vanilla, buttermilk and soda. Mix well and pour into greased cookie sheet with sides (12"x18"). Bake at 350 degrees for 20 minutes.

Icing:

1/3 cup milk
4 tablespoons Cocoa
1 stick Margarine
4 cups powdered Sugar
1 teaspoon Vanilla

While hot ice with the following mixture. Bring to boil milk, cocoa, margarine. Add powdered sugar and vanilla.

Dump Cake

By: Lesbia Kennedy

20-oz can crushed Pineapple, drained
1 box deluxe Yellow Cake Mix (dry)
1 stick (1/2 cup) Butter
21-oz can Cherry Pie Filling
1 cup Pecans, chopped

Grease 13x9x2-inch pan. Dump pineapple into pan; spread evenly. Dump cherry pie filling over pineapple; spread evenly. Dump dry cake mix over the cherry pie filling; spread evenly. Sprinkle pecans over cake mix. Cut butter into thin slices and place on top. Bake for 48-53 minutes. Serves 12

Fig Cake

By: JoAnn Black

2 cups plain Flour
1 teaspoon salt
1 pt. Fig Preserves, drained & chopped
1-1/2 cups Sugar
1 cup Oil
3 Eggs
1 cup Buttermilk
2 cups Nuts, chopped
1 teaspoon Soda
1 teaspoon vanilla
1 teaspoon Cloves
1 teaspoon Cinnamon
1 teaspoon nutmeg

Sift dry ingredients, add oil and beat well. Add sugar, eggs, buttermilk and other ingredients. Bake in a well-greased-floured tube pan at 325 degrees for 1 hour or until cake tests done.

Glaze:

½ cup Sugar
1 teaspoon Vanilla
1 stick margarine
½ cup buttermilk
1 teaspoon Karo Syrup
1/4 teaspoon Soda

Mix well and boil 3 minutes. Pour over cake while warm. Let cake cool in a pan for 15 minutes. Remove and take ice pick and stick holes over the top and sides of cake so glaze goes down into cake.

A true friend unbosoms freely, advises justly,
assists readily, adventures boldly, takes all patiently,
defends courageously, and continues a friend unchangeably.
William Penn

GERMAN CHOCOLATE CAKE

1 4-oz bar sweet cooking Chocolate
1 cup Butter or Margarine, softened
4 Eggs, separated
2 cups all-purpose Flour
1 teaspoon Salt
1/4 cup Milk
½ cup boiling Water
1-3/4 cups Sugar
1 teaspoon Vanilla Extract
1 teaspoon Baking Soda
3/4 cup Sour Cream

Preheat oven to 350 degrees. Grease 13x9-inch baking pan. Break chocolate bar into a small bowl. Pour in boiling water and stir until chocolate is melted; cool. In large mixer bowl cream margarine and sugar until light and fluffy. Add egg yolks one at a time, beating well after each addition. Mix in melted chocolate and vanilla at low speed. In medium bowl combine flour, baking soda and salt. In small bowl combine sour cream and milk. Add dry ingredients alternately with sour cream, beginning and ending with dry ingredients. In small mixer bowl beat egg whites until stiff but not dry. Fold into batter. Spread evenly into pan. Bake 45 minutes or until toothpick inserted in center comes out clean. Cool in pan on wire rack.

Frosting: In small sauces pan combine **3/4 cup sugar, 1 cup evaporated milk, ½ cup margarine, 3 egg yolks** and **1 teaspoon vanilla.** Cook over medium heat, stirring until thick, 8 to 10 minutes. Remove from heat, stir in **1-1/3 cups flaked coconut** and **1 cup chopped pecans**. Stir with wooden spoon until frosting is thick enough to spread. Frost cake. Makes 24 servings about 345 calories each.

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I remember the times you were there for me,
showing real interest and concern.
I'm thankful for the special understanding
and closeness we share.
How I Enjoy being with you!

* *

HUMMINGBIRD CAKE

By: Doris Presley

3 cups Flour
2 cups Sugar
1 teaspoon Salt
1 teaspoon Cinnamon
3 Eggs, beaten
1-1/2 cups Salad Oil
1-1/2 teaspoons Vanilla
8-oz can crushed Pineapple, undrained
1 teaspoon Soda
2 cups Bananas, chopped
2 cups Pecans, chopped
Cream Cheese Frosting

Combine dry ingredients in large mixing bowl. Add eggs and oil, stirring until dry ingredients are moistened. **Do not beat.** Stir in vanilla, pineapple, pecans and bananas. Pour into 3 greased and floured 9-inch cake pans or 2 9x13-inch pans. Bake at 350 degrees for 25 to 30 minutes. Cool in pans for 10 minutes. Remove from pans and cool completely. Spread 2 recipes of Cream Cheese frosting (see Frostings) between layers and on top and sides of cake. Sprinkle with chopped pecans.

LEMON APRICOT CAKE

By: Katie Warren

1 box Duncan Hines Yellow Cake Mix
1 small box Lemon Jell-O Mix
3/4 cup Wesson Oil
1/4 cup Apricot Nectar
2 teaspoon Lemon Juice
4 Egg Yolks

Blend the above ingredients. Beat for 5 minutes on high. Beat the 4 egg whites until stiff (separately.) Fold egg whites into mixture. Grease and flour a bundt pan and bake at 350 degrees for approximately 45 minutes. Cool upright for 15 minutes. Turn out and ice while warm.
Icing; ½ to 1/3 box Confectioners Sugar, Lemon Juice. Mix until smooth and spoon over cake.

The mature adult doesn't worry
about how many friends she can
count, but about whether
she is a friend others can
count on.

Melodie M. Davis

LEMON CHIFFON CAKE

1 cup sifted Cake Flour
1-1/2 teaspoons Baking Powder
1/4 cup Salad Oil
1 tablespoon grated Lemon Peel
1/4 cup Lemon Juice
1/3 cup Egg Whites (about 3), at room temperature
3/4 cup Sugar
½ teaspoon Salt
2 Egg Yolks
1/4 cup Lemon Juice
1/4 teaspoon Cream of Tartar

Preheat oven to 350 degrees. Into a small bowl, sift flour, sugar, baking powder and salt; make a well (a hole)in center. Add oil, egg yolks, lemon peel and lemon juice; beat batter with wire whisk until smooth. Add cream of tartar to egg whites in small bowl of electric mixer. At high speed, beat egg whites until very stiff peaks form. With wire whisk or rubber spatula, using an under-and-over motion, gradually and gently fold batter into egg whites just until combined. DO NO STIR. Pour into ungreased 9x1-1/2-inch round flan pan. Bake 25 minutes, or until cake tester inserted in center come our clean. Invert pan, setting rim on two other cake pans; let cool completely---about 1 hour. With spatula, carefully loosen cake from side of pan; remove cake from pan. Place, bottom side up, on serving plate. Lemon Filling: Combine 1 egg yolk, ½ cup sugar, 3 tablespoons lemon juice, 1/4 cup water, 2 teaspoons grated lemon peel and 1 teaspoon butter in a small, heavy saucepan. Over medium heat, whisk constantly until mixture boils; boil 1 minute. Cover surface with plastic wrap, refrigerate until cold.

LUSCIOUS BAKED CHOCOLATE CHEESECAKE

By: Twila Presley

1/3 Cup Margarine or Butter, melted
4 Eggs
1-1/4 cups Graham Cracker Crumbs
3 8-oz pkg Cream Cheese, softened
1/4 cup Sugar
2 teaspoons Vanilla Extract
1 can Eagle Brand Milk
12-oz pkg semi-sweet Chocolate Chips or 8 1-oz squared semi-sweet Chocolate, melted

Preheat oven to 300 degrees. Combine margarine, crumbs and sugar; pat firmly on bottom of 9-inch sprinngform pan. In large mixer bowl, beat cheese until fluffy. Add Eagle Brand; beat until smooth. Add remaining ingredients; mix well. Pour into prepared pan. Bake 1 hour and 5 minutes or until cake springs back when lightly touched. Cool to room temperature. Chill. Remove side of pan. Garnish as desired. Refrigerate leftovers.

MAMA DRIVER'S TWO-EGG CAKE

By: Lesley Key

1-1/2 cups self-rising Flour
1-1/2 cups Sugar
2 Eggs
1 teaspoon Vanilla
Milk
1 stick Butter or Margarine, melted

Break eggs in measuring cup. Beat and fill cup with milk to one cup. Add to flour-sugar mix and stir until lumps are gone. Add melted margarine and beat with spoon until smooth. Preheat oven to 350 degrees. Pour batter into greased 8-inch layer cake pans. Bake for 30 minutes or until tops are brown.

Confection Frosting: (No exact measurements used.)
Melt approximately **½ stick of margarine** . Add **confectioners' sugar (about 1 lb. box)** until mixture is lumpy. Add **milk** (**Usually 1 to 2 tablespoons**) and stir until frosting comes to butter cream texture. Add **vanilla** to flavor. (I usually add until I get enough to cover cake completely)

PEACH CAKE

By: Elizabeth Rickman

1 cup Cooking Oil
2 cups Sugar
2 Eggs
2 teaspoons Baking Soda
4 cups plain Flour
1 teaspoon Salt
1 teaspoon Nutmeg
1 teaspoon Cinnamon
1 large can sliced Peaches, undrained
1 cup Pecans

Grease large Bundt or tube pan and dust with pecan meal. Mix cooking oil, sugar and eggs. Add soda, flour, salt, nutmeg, cinnamon, peaches with juice, and pecans. Bake at 350 degrees for 1 hour and 20 minutes.

* *

A true friend warms you with her presence, trusts you with her secrets, and remembers you in her prayers.

PECAN-STRAWBERRY SHORTCAKES

By: JoAnn Black

6 cups sliced fresh Strawberries 1/4 cup Sugar
1 teaspoon Orange Rind, grated
Combine strawberries, sugar and grated orange rind; let stand at room temperature at least 20 minutes to extract the fruit juice and form a syrup. Let stand at room temperature at least 20 minutes.

2 cups all-purpose Flour 2 teaspoons Baking Powder
½ cup Pecans, ground 1/4 cup Sugar
Combine flour, pecans, baking powder and sugar in a medium bowl.

½ cup Butter or Margarine
Cut butter into the flour mixture with a pastry blender until mixture is crumbly.

2 teaspoons Orange Rind, grated 2/3 cup Milk 1 lg. Egg, lightly beaten
Combine orange rind, milk and egg. Mix well. Add egg mixture to flour mixture, stirring just until dry ingredients are moistened. Drop batter evenly into 9 mounds onto an ungreased baking sheet. Flatten mounds slightly with back of a spoon to 3/4-inch thickness. Bake at 450 degrees for 8 to 9 minutes or until lightly browned. Let cool completely on a wire rack.

Icing:
1 cup whipping Cream 2 tablespoons Sugar ½ teaspoon Vanilla
Beat whipping cream until foamy; gradually add sugar and vanilla, beating until soft peaks form. Split shortcakes in half horizontally. Place bottom halves, cut side up on individual dessert plates. Spoon half of strawberry mixture and half of whipped cream evenly over shortcake bottoms. Top each with remaining strawberry mixture and whipped cream evenly over each serving. Serves 9.

* *

There is a blessing in my life that
god keeps repeating...you,
you, you, you, you!

PERFECT CHOCOLATE CAKE

By: JoAnn Black

1 cup un-sifted unsweetened Cocoa
2 cups boiling Water
2-3/4 cups sifted all-purpose Flour
½ teaspoon Salt
2 teaspoons Baking Soda
½ teaspoon Baking Powder
1 cup Butter or Margarine
2-1/2 cups Sugar
4 Eggs
1-1/2 teaspoons Vanilla Extract

In a medium bowl, combine cocoa with boiling water, mixing with a wire whisk until smooth. Cool completely. Sift flour with soda, salt, and baking powder. Preheat oven to 350 degrees. Grease and flour three 9x1-1/2 inch layer cake pans. Beat butter, sugar, eggs and vanilla at high speed until light (about 5 minutes.) At low speed, beat in flour in fourths, alternately with cocoa mixture in thirds, beginning and ending with flour. **Do not overbeat.** Divide evenly into pans; smooth top. Bake 20 to 25 minutes. Cool in pans for 10 minutes, loosen sides with spatula, remove from pans. Cool on racks.

Filling:

1 cup Heavy Cream, chilled
1/4 cup un-sifted Powdered Sugar
1 teaspoon Vanilla Extract

Whip cream with sugar and vanilla. Refrigerate.

PINEAPPLE POUND CAKE

By: JoAnn Black

1 cup Butter or Margarine, softened
1 teaspoon Baking Powder
2-2/3 cups Sugar
3 cups all-purpose Flour
1 15-1/4-oz. can crushed Pineapple, undrained
1/4 cup Milk
½ cup Shortening
6 large Eggs
1 teaspoon Vanilla Extract

Beat butter and shortening at medium speed of an electric mixer, about 2 minutes or until soft and creamy. Gradually add sugar, beating at medium speed 5 to 7 minutes. Add eggs, one at a time, beating just until the yellow disappears. Combine flour and baking powder, add to butter mixture alternately with milk beginning and ending with flour mixture. Mix at low speed just until blended after each addition. Stir in pineapple and vanilla. Pour batter into a greased and floured 10-inch tube pan. Bake at 350 degrees for 1 hour & 30 minutes or until a wooden pick inserted in center, comes out clean. Cool in pan on a wire rack for 10 to 15 minutes; remove from pan and let cool completely on wire rack. Makes 1 10-inch cake.

Pineapple Upside Down Cake

½ cup Margarine
1 #2 can Pineapple Slices
Maraschino Cherries, optional
1 cup Brown Sugar
Nuts, optional

Melt margarine and arrange with sugar and pineapple in bottom of baking dish. Add nuts and maraschino cherries, if desired.

3 Eggs
3/4 cup Milk, scalded
1-1/2 teaspoons Baking Powder
1-1/2 cups Sugar
1-1/2 cups Flour
1 teaspoon Vanilla
Pinch of Salt
1-1/2 tablespoon Oleo

Beat eggs fluffy, add sugar and beat till thick. Add vanilla. Melt butter (1-1/2 tablespoon) in scalded milk. Alternately add sifted dry ingredients with milk mixture to egg mixture. When mixed, pour over margarine, brown sugar and fruit layer in pan. Bake 350 degrees until surface springs back when pressed with your finger. Turn upside down.

Plum Cake

2 cups sugar
3 Eggs
½ teaspoon Salt
1 teaspoon Cinnamon
1 cup Nuts, chopped
2 large jars Plum baby food
1 cup Oil
2 cups Self-Rising Flour
½ teaspoon Soda
1 teaspoon Cloves, ground
2 teaspoons red Food Coloring

Beat sugar, oil and egg. Blend in food coloring and plums. Add remaining ingredients. Mix well. Pour into a greased and floured bundt cake pan. Bake at 325 degrees for 60 to 70 minutes. Frost with glaze while warm.

Glaze:

1 teaspoon red Food Coloring
1 cup Powdered Sugar
½ cup Butter or Margarine
2-1/2 tablespoons Lemon Juice

Melt butter; add remaining ingredients bringing to a boil. Frost cake.

* *

Love keeps no record of wrongs.

1 Corinthians 13:5 NJV

PUMPKIN ROLL

By: Vicky Presley

3 Eggs, beaten
1 cup Sugar
2/3 cup Pumpkin, canned or fresh
1 teaspoon Lemon Juice
3/4 cup Plain Flour
2 teaspoons Cinnamon
1 teaspoon ground Ginger
½ teaspoon Nutmeg
1 teaspoon Baking Powder

Oil cookie sheet. Put onto cookie sheet wax paper and oil the wax paper. Combine all ingredients and pour on top of wax paper. Bake 15 minutes at 350 degrees. As soon as cake is done, sprinkle with powdered sugar a towel and flip cake out onto towel. Peel off wax paper. Sprinkle with powdered sugar and roll up (like a jelly roll) using toothpicks to hold in the roll. Cool well. Remove toothpicks. Unroll cake and add filling.
Filling: Combine 1 cup powder Sugar, 1 8-oz. Cream Cheese, ½ teaspoon vanilla, 4 tablespoons Butter, 1 cup chopped Walnuts. Spread on cake and roll up again using again toothpicks to hold roll in place. Chill and sprinkle top with more powder sugar. Remove toothpicks and slice as needed.

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Better to be without gold than without a friend.

* *

SPONGE CAKE

By: JoAnn Black

2 large Eggs
1 cup Sugar
2 tablespoons Butter or Margarine
1 teaspoon Baking Powder
1/4 teaspoon Salt
½ cup Milk
1 cup all-purpose Flour
1 teaspoon Vanilla Extract

Beat eggs in a large mixing bowl at high speed of an electric mixer for 3 minutes or until thick and pale; gradually add sugar and beat 4 to 5 minutes. Combine flour, baking powder and salt; gradually fold into egg mixture. Combine milk and butter in a saucepan; cook over low heat until butter melts. Gradually stir milk mixture and vanilla into batter. Pour into 2 greased and floured 8-inch round cake pans. Bake at 350 degrees for 20 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on wire racks 10 minutes; remove from pans and let cool completely on wire racks. Makes 2 8-inch cake layers.

STRAWBERRY CAKE

1 box yellow or white Cake Mix
1 10-oz box frozen Strawberries
4 Eggs
1 box Strawberry Jell-o
1 cup Wesson Oil

Beat eggs. Add remaining ingredients; beat until smooth. Bake in 3 layers at 325 degrees. Cool completely. This also makes a great pound cake. Use the strawberry frosting listed under Frostings.

Friendship is fragile; handle with prayer

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STRAWBERRY CAKE

By: Mary Calamusa

3-oz pkg Strawberry Gelatin
4 Eggs
½ cup frozen Strawberries, thawed
1 box White Cake Mix
½ cup Water
½ cup Salad Oil

Preheat oven to 350 degrees. Butter an 8-inch layer cake pan. Combine all ingredients and beat well for 4 minutes. Turn into pans and bake for 40 minutes. Let layers cool.
Icing: Combine **½ stick Butter, 1 box confectioners' sugar, ½ cup strawberries, thawed-drained** and whirl in a blender. When cake is cooled, frost and garnish with fresh strawberries if desired.

TUTTI-FRUTTI LOAF

By: Dorothy Carr

Prepare Betty Crocker's **Pound Cake** mix as directed on the package except-fold in **½ cup mixed diced Candied Fruits and ½ cup finely chopped Nuts**. While warm, frost with a Confectioners' Sugar Glaze and decorate with nuts and candied fruits.

* *

We must keep our friendships in

constant repair.

Samuel Johnson

FROSTINGS

CREAM CHEESE FROSTING

By: Doris Presley

1 lb. Box Powdered sugar, sifted
1 stick Butter or Margarine, soft
8-oz. Cream Cheese, softened
1 teaspoon Vanilla

Cream butter and cream cheese with vanilla. Add sugar and mix well.

CHOCOLATE ICING

By: Jill Cook

2 cups Sugar
4 tablespoons Cocoa
1 small can Evaporated Milk
1 stick Butter or Margarine

Combine all ingredients in a 2-quart saucepan. Bring to a rolling boil for two or three minutes. Beat until thick enough to spread.

Great Friends keep short accounts.
They deal with their feelings day by
day rather than building up
a resentment reservoir.
Lloyd John Ogiloie

PROFESSIONAL BAKERY DECORATOR ICING

By: Jill Cook

2 1-lb. boxes Confectioners Sugar
1/3 to ½ cup Evaporated Milk
1 cup Vegetable Shortening
1 teaspoon Flavoring (or more if desired)

Cream all ingredients at high speed for 5 minutes. This mixture is the right consistency for overall frosting and borders. For writing, add a few drops of liquid, water or milk (which ever you prefer).

Friendship is a cozy shelter
from life's rainy days.

STRAWBERRY FROSTING

1 box confectionary Sugar ½ stick Margarine, soft
1 10-oz. box frozen Strawberries, thaw, drain well

Blend together.

* *

A true test of friendship----to sit or walk with a friend for an hour in perfect silence without wearying of one another's company.

Dinah Muloch Craik

* *

Some more frostings and icings can be found with the cakes.

Casserole Dishes
&
One Pot Meals

FAVORITE RECIPES

FROM MY COOKBOOK

Recipe Name	Page Number

Barbecued Beef and Cornbread Casserole

1-1/2 lbs Ground Beef
1-1/2 cups Barbecue Sauce
1 cup Cheddar Cheese, shredded
2 cups self-rising White Cornmeal
1/4 cup chopped Onion
16-oz can Baked Beans
1-1/2 cups Buttermilk
1/4 cup Oil

Heat oven to 400 degrees. In large skillet over medium-high heat, brown ground beef and onion until beef is no longer pink; drain. Return beef mixture to skillet. Stir in barbecue sauce and beans; heat until bubbly. Pour into ungreased 2-1/2-quart casserole. In medium bowl, combine buttermilk, oil and cornmeal; stir until smooth. Spoon over meat mixture; spread evenly. Bake at 400 degrees for 35 to 40 minutes or until light golden brown; sprinkle with cheese. Bake an additional 3 minutes or until cheese is melted.

Beef and Pea Casserole

By: JoAnn Black

1 lb. Ground Beef
1 10-3/4-oz. can condensed Tomato Soup
2 cups cooked Noodles
*1 4-oz. can sliced Mushrooms, drained
1 medium Onion, chopped
1/3 cup Water
*1 8-oz. Can Peas, drained

Brown ground beef and onion in a skillet, drain off excess fat. Combine with remaining ingredients. Put into a 2-quart casserole. Bake covered, at 350 degrees for 30 minutes, or until heated through. To serve, sprinkle with Parmesan cheese and garnish with pimento strips. *The liquid from the peas or mushrooms maybe substituted for the 1/3 cup water.

Beef and Rice Bake

By: JoAnn Black

1 lb. Ground Beef
1 1-3/8-oz. pkg. Dry Onion Soup Mix
1 16-oz. can Tomatoes, undrained
1 (4-oz.) cup shredded Cheddar Cheese
1-1/2 cups boiling Water
3/4 cup uncooked White Rice

Brown ground beef in a skillet, drain off excess fat. Combine with soup mix, rice, boiling water and tomatoes. Put into a 2-quart casserole dish. Bake covered at 350 degrees for 45 minutes or until rice is tender. Uncover, sprinkle with cheese. Bake an additional 5 minutes or until cheese is melted. Serves 6.

BEEF POT PIE

By: JoAnn Black

1 cup Potatoes, diced
½ cup Celery, diced
1 teaspoon Salt
1-1/2 cups cooked Beef, diced
1/4 teaspoon Pepper
1 cup Carrots, diced
½ cup Onion, chopped
1 cup Water
½ cup gravy

Boil potatoes, carrots, celery and onion in salted water for 25 minutes. Add beef, gravy and pepper. Pour into lightly greased casserole, top with biscuits. Bake at 425 degrees for 12-15 minutes. NOTE: Chicken may be substituted for beef. Serves 4 to 5.

BEEF STEAK-POTATO SCALLOP

By: Dorothy Carr

1 lb. beef round Steak, 1 inch thick
3 tablespoons Shortening
3 tablespoons Flour
1/4 teaspoon Pepper
Dash Garlic Salt
Salt
3 medium Potatoes, pared and thinly sliced
3 small Onions, thinly sliced
1-1/2 teaspoons Salt
Dash Thyme
2 cups Water
Paprika

Heat oven to 350 degrees. Cut meat into 1-inch cubes; coat with flour. Melt shortening in skillet; brown meat. Add onion; cook and stir until onion is tender. Pour into ungreased 2-quart casserole; sprinkle with 3 tablespoons flour, 1-1/2 teaspoons salt, the pepper, thyme and garlic salt. Pour water over mixture. Cover; bake 45 to 60 minutes or until meat is tender. Increase oven temperature to 450 degrees. Arrange potatoes on meat; Sprinkle with salt and paprika. Bake uncovered about 30 minutes longer or until potatoes are tender. Serves 4 to 6 servings. Add glossy ripe olives and parsley sprigs for a garnish.

The most precious of all possessions
Is a wise and loyal friend.
Herodotus

BROCCOLI CASSEROLE

By: JoAnn Black

2 10-oz. pkgs. Frozen chopped Broccoli
1 can Cream of Mushroom Soup, undiluted
1 8-oz. can sliced Water Chestnuts, drained
1 can French Fried Onions
3/4 (3-oz.) cup shredded cheddar Cheese

Cook broccoli according to package directions: drain. Combine broccoli, soup, water chestnuts and onions in a small bowl, Stir well. Spoon into a lightly greased 1-1/2-quart baking dish. Cover and bake at 350 degrees for 20 to 25 minutes. Uncover and sprinkle with cheese; bake 2 to 3 minutes additional minutes or until cheese melts. Serves 8.

CHEESEBURGER CASSEROLE

By: JoAnn Black

1 lb. Ground Beef
13/4 teaspoon Salt
1/4 cup Ketchup
1 pkg. American Cheese slices
1 cup Onion, chopped
1/8 teaspoon Pepper
1 can Tomato Sauce
1 can refrigerated Biscuits or quick Sesame Dinner Rolls

Cook Beef and onion until meat is lightly browned. Drain. Add salt and pepper. Stir in ketchup and tomato sauce; heat thoroughly. Turn into 8-inch square pan or 1-1/2-quart casserole dish. Cut cheese into thin strips; sprinkle over meat. Top with biscuits or rolls. Bake at 425 degrees for 20 to 25 minutes or until biscuits are golden brown. Serves 4 to 6.

I cannot count the number of times I have been strengthened by another woman's heartfelt hug, appreciative note, surprise gift, or caring questions....My friends are an oasis to me, encouraging me to go on. They are essential to my well-being.

Dee Bristin

Cheesy Chicken Casserole

1-1/2 cups Cheddar Cheese, shredded
1-1/2 cups chopped cooked Chicken
1-1/2 cups (4-oz) Rotini, cooked, drained
2 cups mixed frozen Vegetable
½ cup Miracle Whip
1/4 cup Milk
½ teaspoon dried Basil Leaver

Mix all ingredients except ½ cup cheese. Spoon into 1-1/2-quart casserole. Sprinkle with reserved ½ cup cheese. Bake at 350 degrees for 30 minutes or until thoroughly heated. Serves 6.

Chicken Pot Pie

*2 unbaked deep-dish Pie Shells
1 cup Veg-All vegetables, drained
1 can Chicken Gravy
3 cup cooked-cubed Chicken

Mix all ingredients and put into pie crust. Cover with other crust. Bake at 325 degrees about 45-50 minutes. *The crust will cover better if it is at room temperature.

Chili-Chicken

By: Dorothy Carr

16-ozs. uncooked medium Noodles
2 tablespoons Butter or Margarine
½ cup chopped Onion
1 4-oz. can Pimiento, chopped
3 10-oz cans condensed Cream of Mushroom Soup
3 to 4 cups cut-up cooked chicken or Turkey
2 tablespoons finely chopped pickled hot green Chili Pepper, remove stems and seeds

Heat oven to 350 degrees. Cook noodles as directed on package; drain. In large skillet, cook and stir onion in butter until tender; stir in soup, pimiento and chili pepper. In greased 4-quart casserole, layer half the noodles and half the chicken; season with salt and pepper. Top with half the soup mixture and half the cheese. Repeat layers. Bake uncovered about 45 minutes. Serves 8 to 12.

The most I can do for my friend is simply be (a) friend.

Henry David Thoreau

CHILI KELLENO CASSEROLE

By: Vicky Presley

1 lb. shredded Monterey Jack Cheese
1 lb. shredded medium Cheddar Cheese
1 7-oz. can whole mild Chili Peppers
3/4 cup Milk
4 large Eggs, beaten
1 13 to 15-oz. Jar Salsa

Preheat oven to 350 degrees. Split chilies lengthwise and place on the bottom of a greased 3 quart (9x13) baking dish. Mix cheeses together and spread evenly over the chilies. Mix eggs and milk together and pour evenly over all. Bake for 20 minutes. Remove casserole from oven and spread salsa over the melted cheese. Bake for 15 minutes (or more).

DINNER IN A DISH

By: Dorothy Carr

1-1/2 cups cut-up Celery
2 cups cut-up cooked Meat
1/4 cup Flour
1/4 teaspoon Pepper
1 small Onion, thinly sliced
Cheese Crescents (See below)
4 hard-cooked Eggs, halved
1/4 cup Butter or Margarine
1-1/2 teaspoons Salt
2 cups Milk
1/4 cup chopped Green Pepper

Heat oven to 425 degrees. Arrange celery, eggs and meat in ungreased baking pan, 8x8x2-inches. Melt butter over low heat, stirring until mixture is smooth and bubbly. Remove from heat. Stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in onion and green pepper. Pour over meat; place in oven. Prepare Cheese Crescents; arrange 6 wedges on hot mixture. Bake casserole uncovered 25 to 30 minutes, place remaining crescents on ungreased baking sheet 12 to 15 minutes. Serves 6.

CHEESE CRESCENTS:

*2 cups self-rising Flour
1/3 cup Salad Oil
1 cup shredded process American Cheese (About 4-ozs.)
2/3 cup Milk

Measure flour into a bowl. Measure oil and milk; pour all at once into flour mixture. Stir until mixture forms a ball. Knead dough about 10 times. Roll into circle ½ thick between 2 sheets of waxed paper. Cut into 12 wedges. Roll up, beginning at wide edges. *If using all-purpose flour, add 3 teaspoons baking powder and 1 teaspoon salt.

Double Cheese Delight

By: Sarah Truitt

4-ozs. uncooked medium Noodles
1 lb. Ground Beef
1/3 cup chopped Onion
1 3-oz. pkg. Cream Cheese, softened
1/4 cup Dairy Sour Cream
1 teaspoon Salt
½ cup creamed Cottage Cheese
1 tablespoon chopped Celery
1 8-ozs. can Tomato Sauce
1 medium Tomato

Heat oven to 350 degrees. Cook noodles as directed on package: drain. In large skillet, cook and stir meat, onion and celery until meat is brown and onion is tender. Drain off fat. Stir in tomato sauce and salt. Heat to boiling; reduce heat and simmer 1 minute. Remove from heat. Stir in cottage cheese, cream cheese, sour cream and noodles. Pour into ungreased 1-1/2-quart casserole. Slice tomato; arrange on top. Cover; bake 30 minutes. Serves 4.

Easy Chicken & Rice Casserole

By: Dot Merryman

1 cup uncooked Rice
1 can Cream of Celery Soup
2 cans boned Chicken or 1-1/2 cups cubed
1 pkg. Onion Soup mix
2 cans Water

Mix all ingredients together. Pour in casserole dish and bake at 400 degrees for 45 minutes.

* *

Friendship-----our friendship-----is
like the beautiful shadow of evening,
spreading and growing
till life and its light
pass away.

Michael Vitkovics

* *

EGGPLANT CASSEROLE

By: Twila Presley

2 Eggplants
½ stick of Butter or Margarine
1 small can Mushrooms, drained
½ cup Cheese, grated
½ lb. Chicken Livers, (optional)
2 Eggs
1/3 cup Cream
½ cup Bread Crumbs
1/4 teaspoon Nutmeg

Peel and cut the eggplants into cubes. Cook until tender in salted water. Drain well and mash. If using chicken livers, broil livers in small amount of butter, reserving enough butter to dot top of casserole. Season with salt and pepper while broiling. Chop fine. Beat eggs, cream and seasonings together. Add drained mushrooms, eggplant, and liver with the butter it was cooked in. Mix well, put in quart casserole. Cover with bread crumbs, dot with butter, and cook in a 350 degree oven for 20 to 30 minutes. You will find this casserole slightly liquid before cooking, but don't worry. Serves 6 or 8.

FOIL-WRAPPED DINNERS

By: Dorothy Carr

1 to 1-1/2 lbs Beef Round Steak, ½ inch thick
1 10-oz pkg. frozen Green Peas or 1 cup fresh Peas
4 medium Carrots or 1 10-oz. frozen Carrots
1 can Cream of Mushroom Soup
1 1-1/2-ozs pkg. Onion Soup Mix
4 medium Potatoes, pared
8 Cherry Tomatoes

Heat oven to 450 degrees. Cut meat into 1-inch pieces. Place frozen peas in colander or sieve; run cold water over peas just until broken apart; drain. Tear off 4 pieces heavy-duty aluminum foil, each 18x15 inches. On center of each piece, place 1 carrot, thinly sliced, 1 potato, cut into quarters, and 1/4 of the meat. Stir together mushroom soup and onion soup mix; spoon soup mixture over meat and top with peas. Wrap securely in foil; place on ungreased baking sheet. Bake 50 minutes or until meat is tender. Just before serving, garnish each dinner with two cherry tomatoes, halved. Serves 4.

* *

A friend listens to our
words but hears our heart

Frank-Bean Bake

By: Dorothy Carr

1 12-oz. can Red Kidney Beans, drained
1 17-oz. can Lima Beans, drained
½ cup Spaghetti Sauce, with mushrooms
1 cup (4-ozs) shredded Cheddar Cheese
1 small Onion, Chopped
4 to 6 Frankfurters

Heat oven to 375 degrees. Mix beans, spaghetti sauce, onion and cheese in ungreased 1-1/2-quart casserole. Arrange frankfurters on top. Bake uncovered 30 minutes or until bean mixture is bubbly and frankfurters are light brown. Serves 4 to 6.

Garden Supper Casserole

By: Dorothy Carr

2 cups cubed soft Bread
2 tablespoons Butter or Margarine, melted
1 cup cooked Peas or other vegetable
3 tablespoons Butter or Margarine
1-1/2 cups Milk
1 large Tomato, sliced
½ cup (2ozs) shredded Sharp Cheddar Cheese
2 tablespoons chopped Onion
3 tablespoons Flour
1/8 teaspoon Pepper
1 teaspoon Salt
1 cup cut-up cooked Meat

Heat oven to 350 degrees. Mix bread cubes, cheese and 2 tablespoons melted butter; spread half the mixture in a greased 1-quart casserole and top with peas. Cook and stir onion in 3 tablespoons butter until onion is tender. Blend in flour and seasonings. Cook over low heat, stirring until mixture is bubbly. Remove from heat. Stir in milk; heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in meat; pour over peas. Arrange tomato slices on top and sprinkle with remaining bread mixture. Bake uncovered 25 minutes. Serves 4.

Hash Brown Casserole

By: Sherrie Daniels

2 lbs. Frozen Hash Brown Potatoes
½ cup diced Onion
2 cups Milk
French Fried Onion Rings (optional)
1 can Cream of Chicken Soup
4 tablespoon Butter
8-oz. Shredded Cheddar Cheese

Thaw potatoes and combine with soup, onion, milk and cheese. Pour into a greased casserole and dot with butter. Bake uncovered at 350 degrees for 45 minutes. Top with onion rings, if using, the last 5 minutes. Serves 8.

MACARONI-SAUSAGE CASSEROLE

By: JoAnn Black

1 lb. Bulk Sausage
14--oz pkg. Macaroni
2/3 cups Milk
2 cups Sharp Cheese
1 cup Onion, chopped
3 Eggs
1 cup Celery Soup

Brown sausage quickly; add chopped onion and heat thoroughly. Place in a greased casserole; add cooked macaroni. Heat eggs, milk and soup until thickened; add grated cheese and stir until melted. Pour over sausage. Bake at 350 degrees until bubbly and browned. Serves 6.

There's nothing worth the wear of winning, but laughter and the love of friends.

HILAIRE BELLOC

MEXICAN CASSEROLE

By: Sherrie Daniels

2 lbs. Ground Beef
1 pkg. Doritos, crumbled
1 can Rotele, diced
1 can Cream of Mushroom Soup
1 pkg. Taco Seasoning
1 can Chile Beans
Cheddar Cheese

Brown ground beef, drain, add taco seasoning. Layer: Doritos, meat, beans, Rotele, soup, and top with cheese. Bake at 350 degrees until cheese melts.

* *

Hold a true friend with both your hands.

Nigerian Proverb

OVEN CHEESE FONDUE (SOUFFLE')

By: Linda Stein

10 slices white Bread
6 Eggs
2 tablespoons snipped Parsley
3 tablespoons finely chopped Onion
1 teaspoon Salt
3 cups Milk
1 teaspoon Dry Mustard
2 cups (8ozs.) shredded process Sharp American Cheese

Heat oven to 325 degrees. Remove crusts from bread; cut bread into cubes. Beat eggs, milk and seasonings with rotary beater. Stir in bread cubes, cheese and onion. Pour into ungreased baking dish, 12x8x2-inches. Bake uncovered 1 hour or until center is set. Serve immediately. Serves 8.
Oven Shrimp Fondue: Stir in 2 cups cleaned cooked shrimp.

PATCHWORK CASSEROLE

By: JoAnn Black

2 lbs. Ground Beef
1 cup chopped Onion
2 cups chopped Green Pepper
1 6-0z. can Tomato Paste
2 lbs. frozen Southern-style Hash Brown Potatoes
2 8-oz. cans Tomato Sauce
½ teaspoon basil
1 lb. pasteurized process American Cheese, thinly sliced
1 teaspoon Salt
1/4 teaspoon Pepper

Brown ground beef in a large skillet just until meat is no longer pink. Drain off excess fat. Add green pepper and onion, cook until tender, stirring occasionally. Add remaining ingredients except cheese, mix well. Spoon half of meat and potato mixture into a 3-quart baking dish (14x9-inch) or two 1-1/2-quart casserole dishes. Cover with half of cheese. Spoon remaining meat and potato mixture into dish. Cover dish tightly with aluminum foil. Bake at 350 degrees for 45 minutes. Cut remaining cheese into decorative shapes. Remove foil from dish and arrange cheese in a patchwork design. Let stand about 5 minutes or until cheese is softened. Serves 12 to 16.

* *

The best is an old friend.

George Herbert

PIGGY BANK PORK BAKE

By: Dorothy Carr

4 ozs uncooked fine Noodles
2 cups cut-up cooked Pork
1 cup shredded sharp Cheddar Cheese
1 can Cream of Chicken Soup
8-oz. can whole Kernel Corn, undrained
2 tablespoons Shortening
2-oz. can sliced Pimiento
1 med. Green Pepper, chopped

Heat oven to 375 degrees. Cook noddles as directed on package; drain. Melt shortening in a large skillet; brown meat. Drain off fat. Stir in noodles, soup, corn with liquid, cheese and green pepper. Pour into ungreased 1-quart casserole. Bake uncovered 45 minutes, stirring occasionally. Serves 6.

PIZZA POTATOES

By: Dorothy Carr

1 pkg. Betty Crocker Scalloped Potatoes
1-1/2 cups Water
1 4-oz pkg. shredded Mozzarella Cheese
1 16-oz. Tomatoes
1/4 teaspoon Oregano Leaves
1 4-oz. pkg. Pepperoni

Heat oven to 400 degrees. Empty potato slices and packet of seasoned sauce mix into ungreased 2-quart casserole. Heat tomatoes, water and oregano to boiling; stir into potatoes. Arrange pepperoni on top and sprinkle with cheese. Bake uncovered 30 to 35 minutes. Serves 4.

HAMBURGER PIZZA POTATOES: Substitute ½ pound ground beef, browned and drained, for pepperoni; stir into potato mixture.

SAUSAGE PIZZA POTATOES: Substitute ½ pound bulk pork sausage, browned and drained, for pepperoni; stir into potato mixture.

PORK CHOPS AND RICE

By: JoAnn Black

2 cups Water
1 cup Rice
4 lean Pork Chops
1 can Cream of Mushroom Soup
1 teaspoon Salt
Flour
2 tablespoons Oil
1/4 cup Water

Bring salted water to boil. Add uncooked rice; cook until tender. Brown floured and salted pork chops in oil. Add mushroom soup and water, cover and cook for 15 minutes. Line casserole with rice, cover with chops and gravy. Bake 30-45 minutes at 350 degrees or until tender. Serves 4.

ROUND STEAK 'N RAVIOLI

By: Dorothy Carr

3 tablespoons Flour
½ teaspoon Oregano
3 medium Zucchinis (about 3/4 pound)
1 teaspoon Salt
1/4 teaspoon Pepper
1 tablespoon Shortening
1-1/2 lbs beef Round Steak, 1-1/2 inches thick
1 15-1/2-ozs. Spaghetti Sauce with mushrooms
1 16-oz. can tiny whole Onions, drained
1 15-1/2-oz. can Cheese Ravioli in sauce

Heat oven to 375 degrees. Mix flour and seasonings. Coat meat with flour mixture; reserve remaining mixture. Melt shortening in skillet; brown meat. Place in ungreased baking dish, 12x8x2 inches. Pour spaghetti sauce into skillet; stir in reserved flour mixture. Heat to boiling, stirring constantly. Pour over meat; cover with aluminum foil. Bake 45 minutes. Cut each zucchini lengthwise in half. Place zucchini and onions in sauce around meat. Spoon ravioli sauce over meat. Cover; bake 45 minutes longer or until meat is tender. Makes 6 servings.

SMOTHERED PORK CHOPS

By: JoAnn Black

6 Pork Chops
Seasoned Flour
1 can Cream of Chicken Soup
Mustard
2 tablespoons Fat

Spread chops with mustard, dip into seasoned flour. Brown in fat. Place in casserole and cover with soup. Bake covered at 350 degrees for 1 hour. Serves 6

SPINACH CASSEROLE

By: JoAnn Black

This creamy casserole can be served either as a side dish or a hot dip.

2 10-oz. packages frozen chopped Spinach, thawed
1 16-oz. Carton Sour Cream
1 1-oz. Envelope Onion Soup mix

Drain spinach well, pressing between layers of paper towels. Combine spinach, sour cream, and soup mix. Stirring well. Spoon into a lightly greased 1-quart baking dish. Bake, uncovered, at 350 degrees for 30 minutes. Serve immediately. Serves 6.

SQUASH CASSEROLE

By: Sherrie Daniels

3 cups cooked Squash
½ stick Margarine or Butter
1 teaspoon Sugar
1 cup milk
½ cup Cheese
1 medium Onion, chopped
Salt & Pepper, to taste
3 Eggs, beaten
12 crackers

Cook squash and onion. Drain. Add margarine, salt, pepper and sugar. Add milk to beaten eggs, crackers, cheese and mix together. Cook at 375 degrees for 45 minutes.

SWEET POTATO CASSEROLE

3 cups mashed Sweet Potatoes, cooked
½ cup Margarine
1 teaspoon Vanilla
1 cup Sugar
2 Eggs
½ cup Raisins

Mix all ingredients and pour into casserole. Margarine may be substituted in place of topping. Do not use spreads.

TOPPING

1 cup Light Brown Sugar
1/4 cup Margarine
1 cup chopped Pecans
½ cup flour

Mix with pastry blender until crumbly. Sprinkle over potatoes. Bake at 350 degree oven for 20 minutes.

* * * * * * * * * * * * * * * * * * * *

I no longer call you servants, because a servant does not know what his master is doing. But I call you friends, because I have made known to you everything I heard from my Father.

John 13:13 NCV

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TOASTY CHEESE BAKE

By: Linda Stein

8 slices white Bread
1/4 cup Onion, chopped
1 tablespoon prepared Mustard
½ teaspoon Salt
1/8 teaspoon dry Mustard
2 tablespoons chopped Celery
1 cup (4-ozs.) shredded process sharp American Cheese
1 Egg, slightly beaten
3/4 cup Milk
1 teaspoon Salt
Butter or Margarine
½ lb. Ground Beef

Heat oven to 350 degrees. Toast bread; butter both sides. Cook and stir meat, onion, celery, prepared mustard and ½ teaspoon salt until meat is brown and onion is tender. Alternate layers of toast, meat mixture and cheese in greased baking pan, 9x9x2-inches. Mix remaining ingredients; pour over layers in pan. If you wish, sprinkle with paprika. Bake uncovered 30 to 35 minutes. Serves 4 to 6.

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Encouragement is being a good listener, being positive, letting others know you accept them for who they are. It is offering hop, caring about the feelings of another, understanding.

Gigi Graham Tchividian

* *

COOKIES & CANDIES

FAVORITE RECIPES

FROM MY COOKBOOK

Recipe Name	Page Number

BEST BROWNIES

By: JoAnn Black

½ cup Margarine or Butter
1 cup Sugar
4 Eggs, beaten
½ cup nuts (optional)
1 lb. can Hershey's Syrup
1 cup plain Flour

Cream butter and sugar. Add eggs and other ingredients beating well. Pour in 11x16-inch greased pan and bake. While brownies are baking assemble the ingredients for the icing. Bake for 25 minutes at 350 degrees.

Icing:

1-1/2 cups Sugar
1 6-oz. Pkg. Semi-Sweet Chocolate Morsels
6 tablespoons Butter
6 tablespoon Milk

Boil the sugar, milk and butter for 1 minute. Then add the chocolate morsels. Spread on brownies while warm.

BUCKEYE CANDY OR HOMEMADE REESES CUPS

By: Jill Cook

1 18-oz. jar Plain or Crunchy
1 stick Butter or Margarine
1 pkg. Chocolate Almond Bark
1 lb. Confectioners Sugar
1 tablespoon of Vanilla

Cream peanut butter and margarine. Add vanilla and sugar, mix well. Then form into 1" balls. Place almond bark covered dish and place in microwave placed on medium heat. Dip balls, using a toothpick into the melted almond bark. Place on wax paper to cool.

CHEWY CHOCOLATE COOKIE

1-1/4 cups Butter or Margarine, softened
2 cups Sugar
2 Eggs
½ teaspoon Salt
2 cups un-sifted all-purpose Flour
3/4 cup Cocoa
1 teaspoon Baking Soda
2 teaspoons Vanilla
1 cup Nuts, finely chopped

Cream margarine and sugar in large mixer bowl. Add eggs and vanilla: blend well. Combine flour, cocoa, baking soda and salt; blend into creamed mixture. Stir in nuts, if desired. Drop by teaspoonfuls onto ungreased cookie sheet. Bake at 350 degrees for 8 to 9 minutes. (Do not overbake. Cookies will be soft. They will puff during baking, flatten upon cooling.) Cool on cookie sheet until set, about 1 minute; remove to wire rack to cool completely. Make about 4-1/2 dozen.

Christmas Dessert

By: Margaret White

Graham Crackers
1 small box Red Jell-o, dry
1 carton Cool Whip
2 can Applesauce
1 small box Green Jell-o, dry

Layer graham crackers in 13x9-x2-inch dish. Mix 1 can applesauce with box of red Jell-o mix; spread over graham crackers. Place another layer of graham crackers. Mix 1 can applesauce with box of green Jell-o mix; spread over graham crackers. Top with cool whip. Place in refrigerator and slice when chilled.

Christmas Snow Ball Cookie

By: Sarah Tinsley

1 cup Butter or Margarine
1 teaspoon Vanilla
2-1/4 cups sifted all-purpose Flour
½ cup powdered sugar
½ teaspoon Salt
3/4 cup Nuts, finely chopped

Mix butter, sugar and vanilla. Sift together the flour and salt. Add this to the first mixture. Add nuts and chill the dough. Roll into one-inch balls and place on an ungreased cookie sheet. Bake at 400 degrees until set, but not browned. Roll warm cookies in powdered sugar. When cookies are cooled, roll them in powdered sugar again.

Chocolate Chip Kisses

By: JoAnn Black

2 Egg whites
½ teaspoon Vanilla
1/8 teaspoon Cream of Tarter
1/8 teaspoon Salt
3/4 cup Sugar
1 6-oz. Pkg. Chocolate Chips

Preheat oven to 325 degrees. Beat egg whites until foamy. Add salt and cream of tarter. Continue beating until egg whites appear dry. Add sugar, 2 teaspoons at a time, beating after each addition. Fold in chips and vanilla. Drop on a cookie sheet which has been covered with brown paper. Bake until lightly browned, about 25 minutes. Serves 2 to 3 dozen.

Cookie Mix

By: Twila Presley

12 cups all-purpose Flour
2 tablespoons Baking Powder
4 cups Margarine, butter or Shortening
7 cups Sugar
5 teaspoons Salt

Lightly spoon flour into measuring cups; level off. In large bowl, combine flour, sugar, baking powder and salt. With fork or pastry blender, cut margarine into mixture until consistency of coarse meal. Store in tightly covered container in refrigerator or freezer. Use within 4 weeks. Measure by dipping cup into mix; level off. Return unused mix to refrigerator or freezer. Allow measured mix to come to room temperature before adding remaining ingredients. 22 to 23 cups.

Ginger cut-outs: Heat oven to 350 degrees. In large bowl, combine 4 cups mix, 2 teaspoons ginger, 1/4 cup molasses and 1 egg at low speed until dough forms. Chill for easier handling, if desired. On well floured surface, roll dough to 1/4-inch thickness; cut with floured cutter. Place 1-inch apart on ungreased cookie sheets. Bake 10 to 15 minutes or until set. Cool 1 minute; remove from cookie sheets. Decorate as desired. 3-1/2 dozen cookies.

Candied Fruit Squares: Heat oven to 350 degrees. In large bowl, combine 3 cups mix and 1 egg at low speed until well mixed (mixture will be crumbly.) Press into ungreased 15x10-inch jelly roll pan. In large bowl, combine 2 cups diced mixed candied fruit, 1 cup coconut, 1 cup chopped dates, 1 cup chopped nuts and 1 can Eagle Brand Milk (NOT evaporated milk.) Carefully spread over base. Bake 25 to 35 minutes or until light golden brown. Cool; cut into bars. 54 bars.

Use you imagination with the mix, one thing always add an EGG.

* *

The very possibility of friendship with God transfigures life. This conviction, thus, tends inevitably to deepen every human friendship, to make it vastly more significant.

Henry Churchill King

FUDGE

By: JoAnn Black

1 tablespoon Butter or Margarine
4-1/2 cups Sugar
2 cups Semi-sweet Chocolate Morsels
1 13-oz. jar Marshmallow Creme
2 tablespoons Butter or Margarine
2 cups Milk Chocolate Morsels
1 12-oz. can Evaporated Milk
1 teaspoon Vanilla Extract
2 cups chopped Pecans
1/4 teaspoon Salt

Butter a large heavy saucepan with 1 tablespoon butter. Combine sugar and next 3 ingredients in pan, cook over medium heat, stirring constantly, until sugar dissolves and mixture comes to a boil. Cover and cook 2 to 3 minutes to wash down sugar crystals from sides of pan. Uncover and cook, without stirring, until mixture reaches soft ball stage on candy thermometer registers 236 degrees. Combine milk mixture, chocolate morsels and marshmallow creme in a large mixing bowl; beat at medium speed with a electric mixer until smooth. Add vanilla, beat until mixture thickens and begins to lose its gloss (about 10 minutes.) Stir in pecans. Quickly pour into a buttered 13x9x2-inch dish. Let cool completely. Cut into squares. Serves 5 pounds.

GOLDEN CHOCOLATE COOKIES

1-1/2 cup all-purpose Flour
3/4 teaspoon Baking Soda
10-oz Semi-Sweet Chocolate baking pieces
3/4 cup Butter or Margarine, softened
1 cup Pecans, coarsely chopped
½ teaspoon Vanilla Extract
3/4 teaspoon Salt
3/4 cup Brown Sugar, packed
1 Egg

Preheat oven to 375 degrees. In bowl, combine flour, baking soda and salt; set aside. In bowl, beat brown sugar and butter until creamy (3-5 min.) Add egg and vanilla extract; mix well. Gradually blend in flour mixture. Stir in baking pieces and pecans. Drop by rounded tablespoon onto ungreased cookie sheets. Bake 8-10 minutes. Allow to stand 2 minutes before removing from cookie sheets; cool completely. Makes about twenty 2-1/2" cookies..

* *

Those who bring sunshine to the lives of others

cannot keep it from themselves.

Sir James M. Barrie

HAPPY HEARTS

½ cup margarine or Butter
1 cup Sugar
1 teaspoon Vanilla
3/4 cup all-purpose Flour
½ cup Nuts, chopped
1/4 teaspoon Baking Soda
2 oz. Semisweet Chocolate
½ cup mashed Banana
1 Egg
3/4 cup Fiber Cereal, crushed
½ teaspoon Baking Powder
1/4 teaspoon Salt

Heat oven to 350 degrees. Grease bottom only of square pan, 9x9x2 inches. Heat margarine and chocolate in 3-quart saucepan over low heat, stirring constantly, until melted; remove from heat. Beat in sugar, banana, vanilla and egg; stir in remaining ingredients just until moistened. Spread in pan. Bake 25 to 30 minutes. Do not over bake. Cool; sprinkle with powdered sugar if desired. Cut into 3-inch squares. Makes 9 brownies.
I suggest that you use cardboard cut-outs to place over brownies when using the powdered sugar.

HOLIDAY BROWNIES

By: Lesbia Kennedy

4 bars (4-oz) unsweetened Baking Chocolate
3/4 cup (1-1/2 stick) Butter or Margarine
3 Eggs
1 cup all-purpose Flour
Creamy Quick Chocolate Frosting (optional)
2 cup Sugar
1-1/2 teaspoon Vanilla
1 cup chopped Nuts

Heat oven to 350 degrees. Grease 13x9x2-inch baking pan. In large microwave-safe bowl, place chocolate pieces and butter. Microwave at HIGH 1 to 1-1/2 minutes or until chocolate is melted and mixture is smooth when stirred. Add sugar; stir with spoon until well blended. Add eggs and vanilla; mix well. Add flour, nuts (optional); stir until well blended. Spread into prepared pan. Bake 30 to 35 minutes or until wooden pick inserted in center comes out almost clean. Cool completely in pan on wire rack. Frost is desired. Cut into squares. Makes about 24.

* *

A friend may well be reckoned the
Master piece of nature.
Ralph Waldo Emerson

Island Cookies

1-1/2 cup + 2 tablespoon all-purpose Flour
3/4 teaspoon Baking Powder
3/4 teaspoon Salt
½ teaspoon Baking Soda
3/4 cup firmly packed Brown Sugar
10-oz pkg Chocolate baking pieces
3/4 cup + 2 tablespoon Butter or Margarine, softened
1/3 cup Sugar
3/4 teaspoon Vanilla Extract
1 Egg
3/4 cup toasted Coconut
3/4 cup chopped Nuts

Preheat oven to 375 degrees. In bowl, combine flour, baking powder, salt and baking soda; set aside. In bowl, beat butter, brown sugar, sugar and vanilla until creamy. Add egg; mix well. Gradually add flour mixture. Stir in coconut, nuts and baking pieces. Drop by slightly rounded tablespoons onto ungreased cookie sheets. Bake 10-12 minutes. Allow to stand 2 minutes before removing from cookie sheets; cool completely. Makes about 2 dozen 3" cookies.

Magic Cookie Bars

6-oz pkg semi-sweet Chocolate Chips
3-1/2-oz can flaked Coconut (1-1/2 cups)
1-1/2 cups Graham Cracker Crumbs
½ cup Margarine or Butter
1 cup Nuts, chopped
14-oz can Eagle Brand Milk

Preheat oven to 350 degrees. In 13x9-inch baking pan, melt margarine in oven. Sprinkle crumbs over margarine; pour Eagle Brand evenly over crumbs. Top with remaining ingredients; press down. Bake 25-30 minutes or until lightly browned. Cool. Chill if desired. Cut into bars. Store loosely covered at room temperature. Makes 24 to 36 bars.

Molasses Coconut Cookies

By: Alyce F. Bogart

½ cup Shortening
1 Egg, slightly beaten
1-1/2 cups Flour
½ cup Nuts, chopped (optional)
3/4 cup Sugar
1/4 cup Molasses
3/4 teaspoon Baking Soda
½ cup Coconut

Blend shortening, sugar, egg and molasses together. Add flour, baking soda and salt; mix well. Then add coconut and nuts. Drop by teaspoonsful onto a greased cookie sheet. Bake at 375 degrees for 10 minutes.

No Bake Cookies

By: Pam Yost

2 cups Sugar
½ cup Milk
3 heaping tablespoons Coca (Optional)
1 teaspoon Vanilla
1 stick of Margarine
3 cups Quick Oats
1-1/2 cup Peanut Butter

Bring to boil sugar, milk, margarine and cocoa. Boil 4 to 5 minutes. Remove from heat. Add peanut butter, stir until melted. Quickly stir in oats and vanilla. Mixture will harden quickly. Spoon cookies onto a buttered or oil sprayed surface.

No Bake Cookies

By: Jennifer Presley Breland

4 cups Sugar
½ cup Cocoa
4 cups of Quick Cook Oats
1 cup creamy Peanut Butter
1 tablespoon Salt
1 cup Milk
2 tablespoons Vanilla
1 cup Coconut

Bring to a boil sugar, salt, cocoa, butter and milk. Let boil for 2 minutes. Immediately mix with oats, peanut butter vanilla and coconut. Pour into greased cookie sheet, spread and let sit in refrigerator until hardened.

One Bowl Brownies

4 squares unsweetened Chocolate
3/4 cup (1-1/2 sticks) Margarine
2 cups Sugar
1-1/2 cups chopped Walnuts
3 Eggs
1 teaspoon Vanilla
1 cup Flour

Heat oven to 350 degrees. Microwave chocolate and margarine in large micro-waveable bowl on HIGH 2 minutes or until margarine is completely melted. Stir until chocolate is completely melted. Stir sugar into chocolate. Mix in eggs and vanilla until well blended. Stir in flour and walnuts. Spread in greased 13x9-inch pan. Bake 30 to 35 minutes or until toothpick inserted in center comes out with fudgy crumbs. Cool in pan; cut into squares. Makes 24 fudgy brownies. (If using glass baking dish, bake at 325 degrees.)

PEANUT BUTTER CHEWS

By: Shae Cook

2 cups Creamy Peanut Butter
1 cup Sugar
1 cup Light Corn Syrup
5 cups Corn Flakes

Put peanut butter, corn syrup and sugar into a saucepan. Heat until mixture just an starts to bubble. Remove from the heat and pour in the corn flakes. Stir until well coated. Drop by spoonfuls onto wax paper. Makes about 50. ENJOY !!!!

* *

Kind words can be short and easy
to speak, but their echoes
are truly endless. Mother Teresa

* *

PEANUT CLUSTERS

By: Doris Presley

2 lbs. Almond Bark
16 oz. Chocolate Chips
1 oz. Chocolate Chips
24 oz. Peanuts

Melt almond bark and both chocolates at the same time. Add peanuts and mix well. Drop by spoonfuls on wax paper. Cool in refrigerator until set.

PEARL 'N' CHOCOLATE COOKIES

2-1/4 cup all-purpose Flour
2/3 cup Baking Cocoa
1 teaspoon Baking Soda
1 teaspoon Salt
10-oz White Chocolate Baking pieces
2/3 cup Brown Sugar, packed
2 teaspoon Vanilla Extract
2 Eggs
1-1/3 cup Margarine, softened
1 cup Sugar

Preheat oven at 350 degrees in bowl, combine flour, cocoa, baking soda and salt; set aside. In bowl, beat butter, sugar, brown sugar and vanilla until creamy. Add eggs, one at a time, beating well after each. Gradually add flour mixture. Stir in baking pieces. Drop by rounded tablespoon onto ungreased cookie sheets. Bake 9-10 minutes. Allow to stand 2 minutes before removing from cookie sheets; cool completely. Makes about 2-1/2 dozen 3" cookies.

PRALINE GRAHAM COOKIES

By: Doris Presley

1 pkg. Graham Crackers
1-1/2 cup Brown Sugar
1 cup Butter (only)
2 cup chopped Pecans

Put crackers in single layer on foiled lined cookie sheet. Boil butter, sugar and pecans for 2 minutes, stirring constantly. Spread on graham crackers. Bake 10 minutes at 350 degrees. Cool, cut and serve. These are Larry Sykes & Matthew Warren's favorite.

* *

A friend is what the heart

needs all the time.

Henry van Dyke

* *

RAISIN SUGAR COOKIES

By: Ruby Rollins

2 cups un-sifted all-purpose Flour
1 teaspoon Baking Powder
1 cup Butter or Margarine, softened
½ teaspoon Vanilla Extract
½ cup Sugar
½ teaspoon Salt
1 cup Sugar
1 Egg
½ cup dark Raisins

Preheat oven to 400 degrees. Sift flour, baking powder and salt on sheet of waxed paper; set aside. In large bowl, with electric beater at medium speed, cream butter, 1 cup sugar, egg and vanilla until light and fluffy. Add flour mixture. Beat at low speed until well combined. Stir in raisins. Drop by level tablespoons, 2 inches apart, onto ungreased cookie sheet. Dip moistened bottom of glass in sugar, and press cookies, to flatten slightly. Bake 5 to 8 minutes or until golden. Cool on wire rack. Makes 2 to 2-1/2 dozen cookies.

REECES'S PEANUT BUTTER NO-BAKE TREATS

By: Lesbia Kennedy

2 cups Sugar
1 stick (1/2 cup) Margarine or Butter
2/3 cup Reece;s Crunchy Peanut Butter
3 cup quick-cook Rolled Oats
½ cup Milk
1/3 cup Cocoa
½ cup chopped Peanuts
1 teaspoon Vanilla Extract

Combine sugar, butter, milk and cocoa; mix well in a medium saucepan. Cook over medium heat, stirring constantly, until mixture comes to a rolling boil. Remove from heat; cool 1 minute. Add peanut butter; stir to blend well. Add oats, peanuts and vanilla. Quickly drop mixture by heaping teaspoons onto a cookie sheet covered with wax paper or foil. Cool completely. Store in a cool, dry place. Makes about 4 dozen.

* *

So long as we are loved by other,
I should say that we are
almost indispensable.

Robert Louis Stevenson

* *

SNICKERDOODLES

By: Katie Warren

½ cup Margarine, softened
½ cup Shortening, softened
1-1/2 cup Sugar
2 Eggs
2-2/3 cup Flour
2 teaspoons Cream of Tartar
1 teaspoon Soda
1/4 teaspoon Salt
2 tablespoons Sugar
2 teaspoon Cinnamon

Preheat oven to 400 degrees. Mix thoroughly butter, shortening, 1-1/2 cups sugar and eggs. Blend in flour, cream of tarter, soda and salt. Shape dough by round teaspoonfuls into balls. Mix 2 tablespoons of sugar and cinnamon together. Roll balls in sugar and cinnamon mixture. Place 2 inches apart on an ungreased cookie sheet and cook for 8 to 10 minutes. Remove immediately. Makes 6 dozen.

Stained-Glass Cookies

By: Dorothy Carr

1 cup Butter or Margarine, softened
1-1/2 cups Confectioners' Sugar
1 Egg
1 teaspoon Soda
5 Food Colors
½ teaspoon Almond Extract
2-1/2 cups Flour
1 teaspoon Vanilla
1 teaspoon Cream of Tartar

Mix thoroughly butter, confectioners' sugar, egg and flavorings. Blend in flour, soda and cream of tartar. Divide dough in half; color portions of one half with food colors. Cover dough; chill 2 to 3 hours. Heat oven to 375 degrees. Roll plain half of dough ½ inch thick on lightly floured cloth-covered board. Cut with tree, star, ball or other decorative cookie cutters. Place on lightly greased baking sheet. Roll colored dough; cut out different shapes to fit on top of each plain cookie shape. If you wish to hang the cookies on you Christmas tree, insert small piece of paper drinking straw through top of each cookie before baking. Bake 7 to 8 minutes or until golden brown on edges. Makes 2 dozen cookies. (If using self-rising flour, omit soda and cream of tartar.)

Texas Brownies

2 cups all-purpose Flour
1 stick Butter or Margarine
1 cup strong brewed Coffee or Water
½ cup Buttermilk
1 teaspoon Baking Soda
2 cups granulated Sugar
½ cup Shortening
1/4 cup unsweetened Cocoa
2 Eggs
1 teaspoon Vanilla

TIP: If you don't have buttermilk on hand, substitute 2 teaspoons Vinegar or Lemon Juice. Mix into ½ cup milk. Or use powdered buttermilk. Mix according to package directions.

In a large mixing bowl, combine the flour and the sugar. In heavy sauce pan, combine butter, shortening, coffee or water and cocoa. Stir and heat to boiling. Pour boiling mixture over the flour and sugar in the bowl. Add the buttermilk, eggs, baking soda and vanilla. Mix well, using a wooden spoon or high speed on electric mixer. Pour into a well buttered 17-1/2x11-inch jelly roll pan. Bake at 400 degrees for 20 minutes or until brownies test done in the center. While brownies bake, prepare the frosting. In a sauce pan, combine **1 stick Margarine, 2 tablespoons dark Cocoa** and **1/4 cup Milk.** Heat to boiling, stirring. Mix in **3-1/2 cups powdered Sugar** and **1 teaspoon Vanilla** until frosting is smooth. Pour warm frosting over brownies as soon as you take them out of the oven. Cool. Cut into 48 bars.

TRIPLE LAYER COOKIE BARS

½ cup Margarine or Butter
1-1/2 cups Graham Cracker Crumbs
12-oz pkg semisweet Chocolate Chips
½ cup creamy Peanut Butter
7-oz pkg flaked Coconut
14-oz Eagle Brand Milk

Preheat oven to 350 degrees (325 degrees for glass dish.) In 13x9-inch baking pan, melt margarine in oven. Sprinkle crumbs evenly over margarine. Top evenly with coconut then Eagle Brand milk. Bake 25 minutes or until lightly browned. In small sauce pan, over low heat, melt chips with peanut butter. Spread evenly over hot coconut layer. Cool 30 minutes. Chill thoroughly. Cut into bars. Garnish as desired. Store loosely covered at room temperature.

* *

My best times are the times is spend
with you!
Roy Lessin

* *

CANDIES

CLOUD TOPPED PEANUT BUTTER FUDGE

By: Twila Presley

1 cup evaporated Milk
2 cups sugar
6 measuring tablespoons Butter
½ cup Corn Syrup
12-oz pkg Peanut Butter Morsels
½ cup packed Brown Sugar
1 measuring teaspoon Salt
1/4 cup butter
1 cup Walnuts, chopped
2 cups Confectioner's Sugar

In heavy gauge saucepan, combine evaporated milk, sugar, salt and butter. Bring to a boil over moderate heat. Boil 8 minutes, stirring cornstantly. Remove from heat; add peanut butter morsels. Stir until morsels melt and mixture is smooth. Spread into foil-lined 9" square pan. Chill 30 minutes. In heavy gauge saucepan, combine brown sugar, butter and corn syrup, stir until smooth. Bring to a boil; remove from heat. Add confectioners' sugar and walnuts; stir until well blended. Spread over peanut butter fudge layer. Chill until firm (about 2 hours.) Makes about 3-1/2 lbs. fudge.

EASY CHOCOLATE FUDGE

By: Twila Presley

12-oz pkg semi-sweet Chocolate Morsels
1 can Eagle Brand Milk
1-1/4 cups Walnuts, chopped
1 teaspoon Vanilla Extract

Combine over hot (not boiling) water, chocolate morsels and Eagle Brand milk; stir until morsels melt and mixture is smooth. Stir in walnuts and vanilla. Spread into a foil-lined 8" square pan. Chill until firm (about 2 hours.) Makes about 1-1/4 lbs. fudge.

EASY-MIX CANDIES

2 tablespoons Butter or Margarine
1/4 cup Milk (+ 2 teaspoons if making with chocolate Fudge Frosting Mix)
1 pkg. Creamy Frosting Mix

Heat butter in milk over low heat until butter melts and mixture just begins to simmer. Remove from heat; stir in frosting mix (dry). Heat over low heat, stirring constantly with rubber scraper, until smooth and glossy, 1 to 2 minutes. **Do not overcook**.

Squares: Stir in **½ cup chopped nuts** if desired. Pour into aluminum foil-lined loaf pan, 9x5x3-inches. Chill until firm.

Wafers: Drop by teaspoonfuls onto waxed paper. If necessary, reheat mixture slightly. Let stand until firm.

Clusters: Stir in **1-1/2 cups salted peanuts or other nuts**. Drop by teaspoonfuls onto waxed paper. Let stand until firm.

* *

If I had known what trouble you were
bearing, what griefs were in the silence of
your face, I would have been more gentle
and caring, and tried to give
you gladness for a space.
Mary Caroline Davies

DESSERTS

FAVORITE RECIPES

FROM MY COOKBOOK

Recipe Name	Page Number

Apple and Oat Bran Muffins

By: Linda Stein

1-1/4 cups whole wheat Flour
1/3 cup packed Brown Sugar
1/4 teaspoons Baking Soda
1/4 teaspoon ground Nutmeg
3/4 cup Apple, shredded, peeled
2 Egg whites
1 cup Oat Bran
1-1/2 teaspoons Baking Powder
1/4 teaspoon Salt
1/4 teaspoon ground Cinnamon
1 cup Buttermilk
2 tablespoons Cooking Oil

In a medium bowl stir together flour, oat bran, brown sugar, baking powder, baking soda, salt, nutmeg and cinnamon. Set aside. In a small bowl combine buttermilk, egg whites, and oil. Add to dry ingredients; stir just till moistened. Stir in shredded apple. Store batter, tightly covered, in the refrigerator for up to 5 days. To bake, spray muffin cups with nonstick spray coating. Spoon about 1/4 cup batter into each muffin cup. Bake in a 375 degrees oven for 18 to 20 minutes or till a toothpick inserted near the center comes out clean. Makes 12 muffins. 124 calories per serving.

Bread Pudding

By: Elizabeth Rickman

2 cup small cubes Dry Bread
4 cup Milk
1 teaspoon Vanilla
1/4 teaspoon Salt
1-1/2 cup Water
1 tablespoon Butter
3/4 cup Sugar
4 slightly beaten Eggs

Soak bread in water 5 minutes. Bring milk to scalding and add butter, salt & sugar. Thoroughly drain crumbs and add to hot milk mixture. Pour over the eggs, add vanilla and mix well. Pour into greased baking dish; place dish in pan of hot water. Bake at 325 degrees until firm, about 50 minutes. Serve warm with Lemon Sauce. Serves 8.

<u>Lemon Sauce</u>:

½ cup Sugar
1/8 teaspoon Salt
1 cup boiling Water
1-1/2 tablespoon Lemon Juice
1 tablespoon Cornstarch
1/8 teaspoon Nutmeg
2 tablespoon Butter

Blend sugar, cornstarch, salt, & nutmeg. Gradually add boiling water, stirring constantly and cook over low heat 5 minutes, or until thick and clear. Add butter and lemon juice.

CHOCOLATE RIBBON

By: Dorothy Carr

1 8-oz. tub Cool Whip, thawed
3 cups Milk
6 tablespoons Butter or Margarine, melted
35 Chocolate Sandwich Cookies, finely crushed (3 cups)
2 4-oz. pkg. Chocolate Flavor Instant Pudding & Pie Filing
1 square Semi-Sweet Baking Chocolate, grated (optional)
2 tablespoons Milk
1/4 cup Sugar

Mix crushed cookies and butter in 13x9-inch pan. Press firmly onto bottom of pan. Refrigerate 15 minutes. Beat cream cheese, sugar and 2 tablespoons milk in large bowl until smooth. Gently stir in ½ of the whipped topping. Spread over crust. Pour 3 cups milk into large bowl. Add pudding mixes. Beat with wire whisk 2 minutes. Pour over cream cheese layer. Refrigerate 4 hours or until set. Just before serving, spread remaining whipped topping over pudding. Garnish with grated chocolate, if desired. Store leftover dessert in refrigerator. Serves 16.

CLASSIC BREAD PUDDING

From: New Orleans

1 8-10-oz. loaf French or Italian Style Bread
3 sticks unsalted Butter, or Margarine softened
2 cups Sugar
2 teaspoons Vanilla
1 cup confectioner Sugar
1 tablespoons Rum flavoring
13-oz can Evaporated Milk
2 tablespoons Nutmeg
2-1/2 cups Milk
1 cup seedless Raisins

Preheat the oven to 350 degrees. Combine bread and milk in a large bowl. Let stand 10 minutes. Beat 2 sticks of margarine with 2 cups of sugar in a large bowl until light and fluffy. Beat in evaporated milk, nutmeg and vanilla. Stir in the bread mixture with raisins. Pour mixture into a deep (3 to 4-quart) baking dish. Place on a baking sheet. Bake 1 hour. Gently stir the mixture with a wooden spoon. Continue to bake until all liquid is absorbed, about 1 hour longer. Serve with Hard Sauce while still warm.
Hard Sauce: Beat 1 stick margarine with 1 cup confectioners Sugar in a large bowl until light and fluffy. Beat in 3 tablespoons dark rum. Refrigerate, covered. Remove from refrigerator at least 30 minutes before serving. The sauce is best at room temperature. Makes about 1-1/2 cups.

* *

Friendship. Sometimes the word seems passe' in our instant-everything, disposable-oriented world. Friendship. It is not an anachronism. It is a way of being.

Ruth Senter

* *

CHOCOLATE-PUMPKIN MUFFINS

By: JoAnn Black

1-1/2 cups all-purpose Flour
1/4 cup Butter or Margarine, melt
2 teaspoons Baking Powder
½ teaspoon ground Cinnamon
1 6-oz. pkg. semisweet Chocolate Morsels
1/4 cup finely chopped Pecans or Walnuts
1 cup Milk
½ teaspoon Salt
1 large Egg, lightly beaten
½ cup canned Pumpkin

Combine flour, baking powder, salt, sugar, cinnamon in a large bowl; make a well in he center of mixture. Combine milk, pumpkin, butter and egg; add to dry ingredients, stirring just until moistened. Stir chocolate morsels. Spoon batter into greased muffin pans, filling 3/4's full. Sprinkle pecans over batter. Bake at 400 degrees for 20 minutes. Remove from pans immediately. Serves 12.

CRANBERRY SUNDAES JUBILEE

By: Dorothy Carr

8-oz. can whole Cranberry Sauce
Orange Extract
4 cubes Sugar
Vanilla Ice Cream

Heat whole cranberry sauce, stirring occasionally. Soak 4 sugar cubes in orange extract 5 to 10 minutes. Place scoop of vanilla ice cream in each of 4 serving dishes. Spoon hot relishes over ice cream. Just before serving, place a sugar cube on top of each sundae and ignite. Serves 4.

EASY HOMEMADE ICE CREAM WITH CHOCOLATE COOKIES

3 Egg yolks
1 can Eagle Brand Milk
2 cups whipping cream, whipped (do not use whipped topping
1 cup Chocolate Sandwich Cookies, coarsely crushed (about 12 cookies)
4 teaspoons Vanilla Extract

In large bowl, beat egg yolks, stir in Eagle Brand and vanilla. Fold in cookies and whipped cream. Pour into aluminum foil-lined 9x5-inch loaf pan or other 2-quart container. Cover; freeze 6 hours or until firm. Scoop ice cream from pan or peel off foil and slice.

To know someone here or there with
whom you feel there is an understanding
in spite of distances or thoughts
unexpressed---that can make
of this earth a garden.
Goethe

FRESH-BLACKBERRY COBBLER

By: Twila Presley

2 pint boxes fresh Blackberries
½ cup Sugar
1/4 teaspoon ground Cinnamon
2 tablespoons Butter or Margarine, softened
1 tablespoon Lemon Juice
2 tablespoons Flour
1/8 teaspoon ground Nutmeg
Dash of Salt

BATTER:

½ cup all-purpose flour
½ teaspoon Baking Powder
2 tablespoons Butter or Margarine, softened
1/3 cup Sugar
1/4 teaspoon Salt
1 Egg, slightly beaten

Gently wash berries; drain well. Place in large bowl; sprinkle with lemon juice. Combine ½ cup sugar, 2 tablespoons flour, cinnamon, nutmeg and dash salt. Add to berries; toss lightly to combine. Turn into 8x2-inch baking dish. Dot top with 2 tablespoons butter. Preheat oven to 375 degrees. Make batter; in medium bowl, combine all batter ingredients; beat until smooth. Drop evenly over berry mixture; spread well. Bake 35 minutes.

INDIVIDUAL BROWNIE ALASKAS

By: Dorothy Carr

15.5-oz. pkg. Fudge Brownie Mix
4 Egg whites
1 pint Strawberry Ice Cream
½ cup sugar

Bake brownies as directed on package. Cut into 3-inch squares; place on baking sheet. Top each with small scoop of ice cream and place in freezer for 1 hour. Heat over to 500 degrees. Beat egg whites until foamy. Beat in sugar, 1 tablespoon at a time; continue beating until stiff and glossy. Cover brownies and ice cream (freeze the scoops of ice cream hard before you put them on the brownies (work fast) only do a few at a time keeping all others in the freezer until you are ready to bake) with meringue, sealing it to edge of brownies. Bake 3 to 4 minutes or until meringue is light brown.
Serves 9.

* *

'Tis friends who make this desert world
To blossom as the rose;
strew flowers o'er our rugged path,
Pour sunshine o'er our woes.

* *

LAYERED TWINKIE DESSERT

By: Margaret Bloodworth

Use 1-1/2 - 2-inch Deep Pan
3 pkgs Twinkies, cut in half length-wise
8-oz can crushed Pineapple, drained
1 8-oz carton Cool Whip
3 - 4 Bananas, cut length-wise
1 pkg French Vanilla Pudding
Pecan pieces

Place sliced Twinkies on bottom of dish. Add bananas over top, then layer next the pineapple, vanilla pudding (made according to package directions), Cool Whip and cover with pecans pieces. Refrigerate 2 to 3 hours before serving.

* *

A word fitly spoken is like apples of gold in setting of silver.

Proverbs 25:11 NKJV

* *

LIME RIBBON DELIGHT

By: Dorothy Carr

1 pkg. White Cake Mix
½ cup drained crushed Pineapple
1 3-oz. pkg. Lime Jell-o
½ cup Fruit Juice or Water
1 cup boiling Water
1/4 cup Nuts, chopped
Few drops Lemon Juice
1/4 cup Confectioners' Sugar

Bake cake mix in 9-inch layer pan as directed on package. Cool. Pour boiling water over Jell-o in bowl, stirring until Jell-o is dissolved. Stir in fruit juice; chill until slightly thickened but not set. Stir in pineapple, nuts and lemon juice. Place 2 strips of aluminum foil, 2 to 3 inches wide in each of the layer pans, extending foil over edges of pans. Place a cooled cake layer in each, one layer right side up and one layer upside down. Spoon gelatin mixture evenly on the layers; chill until gelatin is firm. In chilled bowl, beat cream and sugar until stiff. With extending foil strips, lift cake out of pans; stack layers gelatin side up. Frost side of cake with whipped cream. Because of the gelatin and whipped cream, refrigerate any leftover cake.

* *

Friendship improves happiness and abates misery by doubling our joy and dividing our grief!

Joseph Addison

* *

Old Fashioned Ice Cream

By: Katie Warren

2 Quarts	4 Quarts
1 cup + 2 tablespoons Sugar	2-1/4 cup Sugar
3 tablespoons Flour	1/4 cup + 2 tablespoons Flour
1/4 teaspoon Salt	½ teaspoon Salt
2-1/2 cups Milk	5 cups Milk
2 Eggs, beaten	4 Eggs, beaten
2 cups Whipping Cream	4 cups Whipping Cream
1 tablespoon Vanilla Extract	2 tablespoon Vanilla Extract

Combine sugar, flour and salt in saucepan. Gradually stir in milk. Cook over medium heat approximately 15 minutes or until thickened, stirring consistently. Gradually stir about 1 cup of hot mixture into the beaten eggs. Add to remaining hot mixture, stirring constantly. Cook 1 minute; remove from heat. Refrigerate 2 hours. Combine whipping cream and vanilla in large bowl; add chilled mixture, stirring with wire whisk to combine. Freeze in ice cream maker.

Cookies & Cream: Crumble chocolate sandwich cookies (15 for 2 quart. 25 for 4-quart) into mixture before freezing.

Orange Baked Alaskas

By: Dorothy Carr

1 pint Vanilla Ice Cream or	3 Egg whites
1 pint Orange, Lemon or Lime Sherbet	3 large Oranges
1/4 cups + 2 tablespoons Sugar	1/4 teaspoon Cream or tarter

Scoop ice cream into 6 balls; freeze until very firm, at least 5 hours. Cut oranges crosswise in half; cut thin slices from bottom of each half. Cut around edges and membranes; remove fruit and membrane from orange shells. Line bottom of each shell with fruit. Refrigerate. Heat oven to 500 degrees. Beat egg whites and cream of tartar until foamy. Beat in sugar, 1 tablespoon at a time; continue beating until stiff and glossy. Do not under beat. Place orange cups on ungreased baking sheet; fill each cup with an ice-cream ball. Completely cover ice cream with meringue, sealing it to edge of shells. Bake 2 to 3 minutes or until meringue is light brown. Serve immediately. Makes 6.

Peach Cobbler

By: JoAnn Black

2 cups sliced fresh Peaches
2 cups Sugar
1 stick Margarine Butter
3/4 cup Flour
2 teaspoons Baking Powder
1/4 teaspoon Salt
3/4 cup Milk

Mix peaches with 1 cup sugar and let stand. Put butter in a 2-quart casserole and place in the oven to melt. Combine remaining sugar, flour baking powder, salt and milk. Pour oven melted butter. Do not stir. Spoon peaches on top of batter. Bake for one hour at 325 degrees.

Peach Meringue Pudding

By: JoAnn Black

2 21-oz. cans Peach Pie Filling
1/4 cup Butter or Margarine, melted
½ teaspoon Cinnamon
1/8 teaspoon Nutmeg
1/8 teaspoon Allspice
½ cup Slivered Almonds
3 Egg, whites
½ cup Sugar

Combine peach pie filling, butter, cinnamon, nutmeg, allspice and almonds. Put into a 1-1/2 quart casserole. Bake, uncovered, at 350 degrees for 30 minutes or until bubbly. Remove from oven. Beat egg whites until stiff, but not dry. Gradually beat in sugar until glossy. Evenly spread over hot peaches. Sprinkle with cinnamon. Bate an additional 12 to 15 minutes or until lightly browned. Serves 6.

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Friends are necessary to a happy life. When friendship deserts us, we are as helpless as a ship left by the tide high upon the shore. When friendship returns to us, it's as though the tide came back. Giving us buoyancy and freedom.

Harry Emerson Fosdick

* *

Rice Pudding with Raspberry Sauce

By: Becky Harelson

2/3 cup Sugar
½ teaspoon Salt
2 envelopes unflavored Gelatin
1/4 teaspoon Cream or tarter
1 cup Whipping cream
½ cup Water
2 cups Milk
2 teaspoons Vanilla
1/4 teaspoon Cream or tarter
Raspberry Sauce (below)

Heat sugar, water, gelatin and salt in 2-quart saucepan, stirring constantly, until gelatin is dissolved, about 1 minute. Stir in milk, rice and vanilla. Place saucepan in bowl of iced water, stirring occasionally, until mixture mounds slightly when dropped from a spoon, about 10 minutes. Beat whipping cream in chilled bowl until stiff. Fold whipped cream into rice mixture. Pour into ungreased 6-cup mold or serving bowl. Cover and refrigerate until firm, about 3 hours. Unmold by dipping briefly in warm water and loosening edge with spatula; invert on serving plate. Serve with Raspberry Sauce. Serves 8. 360 calories per serving.

Raspberry Sauce: Heat **10-ozs frozen Raspberries**, thawed (with syrup) to boiling. Mix **1 tablespoon cold Water** and **2 teaspoons Cornstarch**; stir into raspberries. Heat to boiling, stirring constantly. Boil and stir 1 minute. Cool. Press through sieve to remove seeds.

Quick Holiday Fruitcake

By: Dorothy Carr

1 pkg. Date Bar Mix
2/3 cup Hot Water
3 Eggs
1/4 cup all-purpose Flour
3/4 teaspoon Baking Powder
1 teaspoon Cinnamon
1/4 teaspoon each Nutmeg & Allspice
1 cup Nuts, coarsely chopped
1 cup candied Cherries
1 cup dried Apricots, cut-up
½ cup candied Pineapple, cut-up
Apple Jelly Glaze (below)

Heat oven to 325 degrees. Grease and flour loaf pan, 9x5x3 inches. Blend date filling from date bar mix package and hot water. Add crumbly mix, eggs, flour, baking powder and spices; mix thoroughly. Stir in nuts, cherries, apricots and pineapple. Spread mixture evenly in pan.
Bake about 1 hour 20 minutes or until wooden pick inserted in center comes out clean. Cool thoroughly. Wrap in plastic wrap or aluminum foil; refrigerate. Glaze cake just before serving.

Apple Jelly Glaze: Heat 1/4 cup apple or currant jelly over low heat until smooth, stirring occasionally. Spoon over cake. Or use **Apricot Hard Sauce:** Beat 1/4 cup soft butter until fluffy; gradually beat in 2 cups confectioners' sugar. Stir in ½ cup apricot preserves. Chill. About 1 cup.

SISTER CORA'S BREAD PUDDING

A recipe I received while in New Orleans:
Twila Presley

8oz loaf crusty French Bread
1 cup heavy or whipping Cream
2 cup Sugar
6 egg Yolks (save whites)
2 cups Milk
2 tablespoons Rum flavoring
1 tablespoon Rum flavoring

Preheat the oven to 350 degrees. Place French bread (torn into pieces) into a large bowl. Stir in milk, heavy (or whipping) cream and bourbon. Mix well; let stand 15 minutes. Beat the 6 egg yolks in a large bowl until light. Slowly whisk in 1 cup sugar. Beat until light and fluffy. Spoon the bread mixture into a buttered 8-inch or 9-inch round glass dish about 2 inches deep. Pour the egg yolk mixture over the top. Bake until firm, about 30 minutes. Cool on a rack. Before serving, beat the egg whites with a pinch of salt in the large bowl of an electric mixer until soft peaks form. Slowly beat in the remaining 1 cup sugar and 1 tablespoon rum flavoring to make a meringue. Beat until stiff and shiny. Spoon meringue over the top of the pudding and run under a pre-heated broiler until top is browned, about 2 to 3 minutes.

STRAWBERRY-RHUBARB PUFF

By: Becky Harelson

16-oz frozen Rhubarb, thawed
10-oz frozen Strawberries, thawed
1/3 cup Salad Oil
½ cup Sugar
2 cups all-purpose Flour
2 tablespoons Sugar
3 teaspoons Baking Powder
1 teaspoon Salt
2/3 cup Milk
Butter
2 tablespoons Sugar
1 teaspoon Cinnamon

Heat oven to 450 degrees. In ungreased baking pan, 9x9x2 inches, mis rhubarb, strawberries and ½ cup sugar; place in oven. Measure flour, 2 tablespoons sugar, the baking powder and salt into a bowl. Pour oil and milk into measuring cup (do not stir together); pour all at once into flour mixture. Stir until mixture cleans side of bowl and forms a ball. Drop dough by 9 spoonfuls onto hot fruit. Make an indentation in each biscuit; dot with butter. Mix 2 tablespoons sugar and the cinnamon; sprinkle on biscuits. Bake 20 to 25 minutes. Serve warm. Serves 9.

STRAWBERRY SHORTCAKE

By: Linda Stein

1 quart Strawberries
1 cup Sugar
2 cup all-purpose Flour
2 tablespoons Sugar
Light Cream or sweetened Whipped Cream
1/3 cup Shortening
1 cup Milk
Butter or Margarine
3 teaspoons Baking Powder
1 teaspoon Salt

Slice strawberries; sprinkle with 1 cup sugar and let stand 1 hour. Heat oven to 450 degrees. Grease layer pan, 8x1-1/2-inches. Measure flour, 2 tablespoons sugar, the baking powder and salt into bowl. Cut in shortening thoroughly until mixture looks like meal. Stir in milk just until blended. Pat into pan. Bake 15 to 20 minutes or until golden brown. Split shortcake while warm. Spread with butter; fill and top with berries. Serve warm with cream. Serves 8.

TROPICAL LAYERED DESSERT

By: Dorothy Carr

2 cups boiling Water
½ cup Angel flake Coconut, toasted
Kiwi flavor Gelatin Dessert
1 stick Butter or Margarine, melted
2 8-oz. cans Fruit Cocktail, drained
8-oz. pkg. Cream Cheese, softened
8-oz. pkg. Island Pineapple or Strawberry
1-1/2 cups cold water
2 tablespoons Milk
½ cup Sugar, divided
8-oz. Tub Cool Whip, thawed
1-1/2 cups Graham Cracker Crumbs
8-oz. can crushed Pineapple, drained

Stir boiling water into gelatin in large bowl at least 2 minutes until completely dissolved. Stir in cold water and fruit cocktail. Refrigerate 1-1/4 hours or until slightly thickened (consistency of unbeaten egg whites.) Mix crumbs, butt, coconut and 1/4 cup of sugar in 13x9-in pan. Press firmly onto bottom of pan. Refrigerate until ready to fill. Beat cream cheese, remaining 1/4 cup sugar and milk in a large bowl until smooth. Gently stir in 2 cups of the whipped topping and pineapple. Spread evenly over crust. Spoon gelatin over cream cheese layer. Refrigerate 4 hours or until firm. Serve with remaining whipped topping. Store leftover dessert in refrigerator.

Makes 16 servings.

VANILLA ICE CREAM

By: Katie Warren

2-quart	4-quart
1 cup Milk	2 cups Milk
1 cup Sugar	1-3/4 cup Sugar
dash Salt	½ teaspoon Salt
1 cup Half and Half	2 cups Half and Half
1-1/2 teaspoon Vanilla Extract	1 tablespoon Vanilla Extract
2 cups Whipping Cream	4 cups Whipping Cream

Scald milk until bubbles form around edge. Remove from heat. Add sugar and salt. Stir until dissolved. Stir in half and half, vanilla and whipping cream. Cover and refrigerate 30 minutes. Freeze in ice cream maker.

Strawberry: Add purred strawberries 1-1/2 cups for 2-quarts, 4 cups for 4-quarts) to chilled mixture before freezing.

Banana: Add mashed bananas (1-1/2 cups for 2-quarts, 4 cups for 4-quarts) to chilled mixture before freezing.

Peach: Add purred peaches (1-1/2 cups for 2-quarts, 4 cups for 4-quarts) to chilled mixture before freezing.

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Be humble and gentle.
Be patient with each other,
making allowance
for each other's faults
because of your love.
Ephesians 4:2 TLB

* *

Great Ways With Ground Beef

FAVORITE RECIPES

FROM MY COOKBOOK

Recipe Name	Page Number

Chuck Wagon Beans

By: Sarah Truitt

½ lb. Bacon slices
3 lbs. Ground Beef
3 cups finely chopped Onion
1 cup finely chopped Celery
2 Beef Bouillon Cubes
2 29-oz. cans Molasses-style Baked Beans
1-1/2 cloves Garlic, minced
1-1/2 cups Ketchup
3 tablespoons prepared Mustard
½ teaspoon Pepper
2/3 cup boiling Water

Heat oven to 375 degrees. In Dutch oven or large roasting pan, fry bacon until crisp; set aside. Drain fat from pan. In same pan, cook and stir ground beef, onion and celery until meat is brown and onion is tender. Dissolve bouillon cubes in boiling water; stir bouillon and remaining ingredients into meat mixture. Cover; bake 1 hour 15 minutes or until hot and bubbly. Crumble bacon; sprinkle over beans. Serves 12 1-cup servings.

Connecticut Beef Supper

By: Linda Stein

2 lbs. Beef Stew Meat, cut into 1-inch cubes
2 tablespoons Shortening
1-1/4 cups Wheaties Cereal, crushed
2 large Onions, sliced
2 large potatoes, pared and thinly sliced
1 cup shredded Cheddar Cheese, about 4 ozs.
1 can condensed Mushroom Soup
1 cup dairy Sour Cream
1 teaspoon Salt
1/4 teaspoon Pepper
1-1/4 cups Milk

Melt shortening in large skillet. Cook and stir meat and onion in shortening until meat is brown and onion is tender. Add water; heat to boiling. Reduce heat; cover and simmer 50 minutes. Heat oven to 350 degrees. Pour meat mixture into ungreased baking dish, 13x9x2-inches; arrange potato slices on meat. Stir together soup, sour cream, milk, salt and pepper; pour over potatoes. Sprinkle with cheese and cereal. Bake uncovered 1-1/2 hours or until potatoes and meat are tender. Serves 6 to 8.

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The unfinished friendships of
this life are at once its dearest
experiences and most
glorious hopes.
Elizabeth Stuart Phelps

HAMBURGER PIE

By: Sarah Truitt

1 tablespoon instant minced Onion
Potato Buds instant puffs (enough for 8)
1 Egg
1 teaspoon Salt
1 lb. Ground Beef
1/4 cup Ketchup
1 cup Milk
1/8 teaspoon pepper
½ cup shredded sharp Cheddar Cheese (2 ounces)

Heat oven to 350 degrees. Mix meat, 1-1/3 cup of the instant puffs (dry) the egg, salt, pepper, onion, catsup and milk. Spread in ungreased pie pan, 9x1-1/2-inches. Bake uncovered 35 to 40 minutes. Prepare remaining instant puffs as directed on package for 4 servings. Top baked meat loaf with mashed potatoes; sprinkle with cheese. Bake 3 to 4 minutes longer or until cheese melts. Serves 4 to 5.

IMPOSSIBLE CHEESEBURGER PIE

By: Twila Presley - very good

1 lb. Ground Beef
½ teaspoon Salt
1 cup Cheddar Cheese, shredded
2 Eggs
1 cup chopped Onion
½ cup Bisquick Baking Mix
1 cup Milk

Heat oven to 400 degrees. Grease 9-inch pie plate. Cook ground beef and onion until beef is brown; drain. Stir in salt. Spread in pie plate; sprinkle with cheese. Stir remaining ingredients with fork until blended. Pour into pie plate. Bake 25 minutes or until knife inserted in center comes out clean. Makes 6 servings.

MACARONI-GROUND MEAT

By: JoAnn Black

1 lb. Ground Beef
2 cups cooked Macaroni
1 can Cream of Mushroom Soup
1/8 lb. American Cheese
Salt and Pepper to taste

Brown beef, season to taste. Add cooked macaroni, soup and cheese. Cook at 350 degrees until cheese melts. Serves 4 to 6.

MMMPOSSIBLE CALIFORNIA CHEESEBURGER PIE

By: Sedelia Niemann

1 lb. Ground Beef
1-1/2 cups chopped Onion
1 cup shredded Cheddar or Process American Cheese
½ teaspoon Salt
1-1/2 cup shredded Lettuce
12 to 16 slices Dill Pickle
2 Tomatoes, sliced
3 Eggs
1/4 teaspoon Pepper
3/4 cup Bisquick Mix
1-1/2 cups Milk

Grease pie plate, 10x1-1/2- inch. Cook and stir beef and onion in 10-inch skillet until beef is brown; drain. Stir in salt and pepper; spread in plate. Beat baking mix, milk and eggs with wire whisk or hand beater until almost smooth, about 1 minute. Pour over ground beef . Bake 25 minutes. Top with tomatoes and cheese. Bake until knife inserted in center comes out clean, 5 to 8 minutes. Cool 5 minutes. Top with lettuce and pickles. Serves 6 to 8.

OVEN PORCUPINES

By: Dorothy Carr

1 lb Ground Beef
½ cup uncooked Rice
½ cup Water
1/3 cup Onion, chopped
1 teaspoon Salt
2 teaspoons Worcestershire Sauce
1/8 teaspoon Garlic Powder
1/8 teaspoon Pepper
1 15-oz. can Tomato Sauce
1 cup Water
½ teaspoon Celery Salt

Heat oven to 350 degrees. Mix meat, rice, ½ water, onion, salts, garlic powder and pepper. Shape mixture by rounded tablespoonfuls into balls. Place meatballs in ungreased baking dish, 8x8x2-inches. Stir together remaining ingredients; pour over meatballs. Cover with aluminum foil; bake 45 minutes. Uncover; bake 15 minutes longer. Serves 4 to 6.

One of the most important
responsibilities in the Christian life
is to care about others, smile at them,
and be a friend to the friendless.
Dr. James Dobson

Quick Cheeseburger Bake

By: Linda Stein

1 lb. Ground Beef
3/4 cup Onion, chopped
1 cup shredded Cheddar Cheese
1 cup frozen mixed Vegetables, if desired
1 10-oz. can condensed Cheddar Cheese soup
1/4 cup milk
2 cups Bisquick Mix
3/4 cup Water

Heat oven to 400 degrees. Generously grease 13x9x2-inch baking dish. Cook beef and onion in 10 inch skillet until beef is brown; drain. Stir in soup, vegetables and milk. Stir baking mix and water in baking dish until moistened; spread evenly. Spread beef mixture over batter; sprinkle with cheese. Bake 30 minutes. Serves 8 to 10.

Simple Salisbury Steak

By: Renee' Presley Gregory

1 can Cream of Mushroom Soup, divided
1 lb. Ground Beef
1/3 cup dry Bread Crumbs
1 Egg, beaten
1/4 cup finely chopped Onion
1-1/2 cups sliced Mushrooms

In bowl, mix thoroughly 1/4 cup of the soup, beef, bread crumbs, egg and onion. Shape firmly into 6 patties. In skillet over medium-high heat, cook patties, a few at a time, until browned on both sides. Spoon off fat. Stir in remaining soup and mushrooms; return patties to skillet. Reduce heat to low. Cover; simmer 20 minutes or until done, turning patties occasionally. Serves 6.

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My fondest hope is that I may be worthy of a place in your friendship, and being admitted to that sacred circle, that I may never prove unfaithful to your trust in me.

Edwin Osgood Grover

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SOMBRERO PIE

By: Linda Stein

½ lb. Ground Beef
½ lb. Ground Lean Pork
1 large Onion, sliced
2-1/2 cups Tomato Juice
1 10-oz. pkg. frozen Corn (1-3/4 cups)
1 to 2 tablespoons Chili Powder
1 teaspoon Salt
1/4 teaspoon Pepper
Cornmeal Pastry (below)

In large skillet, cook and stir meat and onion until meat is brown and onion is tender. Drain off fat. Stir in remaining ingredients except pastry. Heat to boiling; reduce heat and simmer 10 minutes. Heat oven to 400 degrees. Prepare pastry. Pour meat mixture into ungreased baking dish, 11-1/2x7-1/2x1-1/2-inches. Cover with pastry; seal to edges of baking dish. Bake 30 to 35 minutes. Serves 4 to 6.

Cornmeal Pastry: 1 cup Flour, 1/4 cup Cornmeal, ½ teaspoon Salt, 1/3 cup + 1 tablespoon Shortening, 3 tablespoons cold Water. Measure flour, cornmeal and salt into bowl. Cut in shortening thoroughly. Sprinkle in water, 1 tablespoon at a time, mixing until all flour is moistened. Gather into a ball; roll into rectangle, 12x8 inches, on lightly floured cloth-covered board. Fold lengthwise in half; cut slits on folded edge. (If using self-rising flour, omit salt.

STUFFED GREEN PEPPERS

3 large Green Peppers
½ lb. Ground Beef
1 cup dry Bread Crumbs
or Cracker Crumbs
1 tablespoon chopped Onion
1 teaspoon Salt
1/4 teaspoon Pepper
1 8-oz. can Tomato Sauce

Heat oven to 350 degrees. Cut thin slice from stem end of each pepper. Remove all seeds and membranes. Wash inside and outside. Heat 1 cup water and ½ teaspoon salt to boiling. Add peppers; cook 5 minutes and drain. Mix remaining ingredients. Lightly stuff each pepper with 1/3 of the meat mixture. Stand peppers upright in ungreased baking dish, 8x8x2-inches. Cover; bake 45 minutes. Uncover; bake 15 minutes longer. Serves 2 to 3.

A person never gets so rich
that she can afford to lose a friend

TACO FANTASTACO

By: Twila Presley

1 lb. Ground Beef
½ to 1 teaspoon Chili Powder
1 cup sharp Cheddar Cheese, shredded
1 large head Lettuce, shredded
1 cup prepared Ranch Salad Dressing
1/4 cup Black Olives, sliced
1 Avocado, sliced
Taco Chips, unbroken
2 cups Taco Chips, broken
2 medium Tomatoes, chopped

Brown ground beef with chili powder. Drain. Combine ground beef with cheese, lettuce, tomatoes, corn ships, olives and prepared dressing. Garnish salad with avocado slices and taco chips. Makes 6 to 8 servings.

TEXAS HASH

By: Sedelia Niemann

1 lb. Ground Beef
3 large Onions, sliced
1 large Green Pepper, chopped
1 16-oz. can Tomatoes
½ uncooked Rice
2 teaspoons Salt
1 to 2 teaspoons Chili Powder
1/8 teaspoon Pepper

Heat oven to 350 degrees. In large skillet, cook and stir meat, onion and green pepper until meat is brown and vegetables are tender. Drain off fat. Stir in tomatoes, rice, salt, chili powder and pepper; heat through. Pour into ungreased 2-quart casserole. Cover; bake 1 hour. Serves 4 to 6.

ZIPPY BEEF CASSEROLE

1 lb. Ground Beef
4 ozs. uncooked Elbow Macaroni
½ cup shredded Cheddar Cheese
1 teaspoon salt
1 10-1/2 oz. can Cream of Mushroom Soup
1 to 2 tablespoons instant minced Onion
1/4 cup chopped Green Pepper
2/3 cup Catsup
3/4 cup Milk
1 cup crushed Potato Chips

Heat oven to 350 degrees. Cook and stir meat until brown. Drain off fat. Cook macaroni as directed on package; drain. In ungreased 2-quart casserole, mix all ingredients except potato chips. Cover; bake 40 minutes. Uncover; sprinkle with potato chips and bake 5 minutes longer. Serves 4 to 6.

HEALTHY FOODS
LOW FAT
LOW CALORIES

FAVORITE RECIPES

FROM MY COOKBOOK

Recipe Name	Page Number

APPETIZERS & BEVERAGES

BANANA-STRAWBERRY SUNDAE

4 very ripe Bananas
1 tablespoon no-sugar Jam or Preserves
12 frozen Strawberries
1/4 cup Cereal Nuggets

Peel bananas; wrap in waxed paper. Freeze at least 24 hours. Take bananas and strawberries from the freezer, break bananas in thirds and let both bananas and strawberries thaw slightly for 5 to 10 minutes, slightly soften. Place in a food processor fitted with the metal blade; process 5 minutes until creamy. Place in sherbert glasses; top with preserves. Sprinkle with cereal nuggets. Makes 8 servings. Calories 83; Protein 1g; Carbohydrates 21g; Fat-trace; Sodium 23mg; Cholesterol 0mg.

HUMMUS PARTY DIP

2 tablespoons fresh Lemon Juice
1 tablespoon Onion, finely chopped
16-oz can Garbanzo Beans, drained, liquid reserved
2 Garlic cloves, minced
1/4 teaspoon Paprika
Dash of Salt

In a blender or food processor fitted with the metal blade, combine 1/4 cup of reserved bean liquid and remaining ingredients. Process until mixture is a smooth paste. Add more liquid if needed to make desired consistency. Cover and refrigerate until chilled. Serve with crackers or pita bread, use as a dip for crudites or use as a stuffing for celery. Makes 1 cup.
Variation: Add 2 tablespoons toasted sesame seeds or 1/4 teaspoon toasted sesame oil. Calories 29; Protein 2g; Carbohydrates 5g; Fat-trace; Sodium 63mg; Cholesterol 0mg;

MEXICAN DIP

16-oz can Kidney Beans
1/8 to 1/4 teaspoon ground Cumin
½ cup no-salt added Tomato Paste
1 Garlic clove, minced
½ small Onion, finely chopped
1/8 teaspoon Red Cayenne Pepper

In a food processor fitted with the metal blade, process all ingredients except onion and cayenne pepper, until pureed. Pour mixture into a bowl, stir in onion and cayenne pepper. Cover and refrigerate until chilled. Makes 1 cup. Calories 15; Protein-trace; Carbohydrates 2.8g; Fat-trace; Sodium 20.7mg; Cholesterol 0mg.

MUSHROOM SPREAD

½ lb. Mushrooms, finely chopped
2 hard-cooked Egg Whites, finely mashed
Chicken or Beef Stock
1 small Onion
Tabasco Sauce
Tamari

Spray a medium-size skillet with no stick cooking spray. Saute' mushrooms and onions in a skillet until tender. Add hard-cooked egg whites. Moisten with stock, season with tamari and a dash of Tabasco Sauce. Makes 1 cup. Calories 6; Protein 0.7g; Carbohydrates 0.8g; Fat-trace; Sodium 8mg; Cholesterol 0mg.

ONION DIP

3 Green Onions, white part only, chopped
1 teaspoon chopped fresh Dill
1 teaspoon chopped Chives
½ cup low-fat Sour Cream
1 tablespoon low-fat Yogurt
1 teaspoon Garlic Powder

Place sour cream and green onion in a blender; blend 1 minute. Pour into a small bowl. Stir in yogurt, dill, chives and garlic powder. Serve with raw vegetables. Makes ½ cup. Per tablespoon; Calories 11; Protein 2g; Carbohydrates-trace; Fat-trace; Sodium 61mg; Cholesterol -trace.

BAKED GOODS

APPLE-CINNAMON MUFFINS

½ cup low-fat Yogurt
½ cup Oat Bran Flakes
½ cup (rounded) chopped Apples
3-1/2 tablespoons Apple Juice Concentrate
2 Egg whites, lightly beaten
½ cup all-purpose Flour
½ teaspoon ground cinnamon
½ teaspoon Baking Soda

Preheat oven to 375 degrees. Spray 6 muffin cups with the no-stick cooking spray. Mix yogurt, egg whites, oat bran flakes, apples and apple juice in a medium-size bowl and set aside until flakes are soft. Combine flour, cinnamon and baking soda in a small bowl; add to yogurt mixture. Mix until combined. Spoon immediately into sprayed muffin cups. Bake about 25 minutes, until golden brown and a wooden pick inserted in center domes come out clean. Makes 6 muffins. Calories 97; Protein 1g; Carbohydrates 20g; Fat 1g; Sodium 100 mg; Cholesterol-trace.

Unshared joy is an
unlighted candle.
Spanish Proverb

BREAKFAST MUFFINS

½ cup low-fat Yogurt
½ cup Rolled Oats
3-1/2 tablespoons Orange Juice concentrate
½ cup soaked Raisins (soaked in hot water to plump, drain).
2 Egg whites, lightly beaten
½ cup all-purpose Flour
½ teaspoon Baking Soda

Mix yogurt, egg whites, orange juice, raisins and oats in a medium-sized bowl and set aside to soak 10 minutes. Preheat oven to 375 degrees. Spray 6 muffin cups with no-stick cooking spray. Combine flour, cinnamon and baking soda in a small bowl, then add to yogurt mixture. Mix until combined. Spoon immediately into sprayed muffin cups. Bake about 25 minutes, until golden brown and a wooden pick inserted in the center, comes out clean. Makes 6 muffins. Calories 120; Protein 5g; Carbohydrates 24g; fat 0.1g; Sodium 191mg; Cholesterol-trace.

CORN CAKES

½ cup Cornmeal
1 cup whole-kernel Corn
3 tablespoons Apple Juice concentrate
1 cup boiling Water
2 Egg whites

Combine cornmeal, water and apple juice concentrate in a medium-size bowl. Blend well. Add corn. Beat egg whites until stiff peaks form. Fold egg whites into cornmeal mixture. Spray a large skillet with no-stick cooking spray. Heat skillet over medium heat until hot. Spoon out batter, 1 tablespoon at a time. Cook 3 minutes on each side until golden brown. Makes 15 cakes. Calories 34; Protein 1g; Carbohydrates 7g; Fat 0.5g; Sodium 33mg; Cholesterol 0mg.

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True friendship is like sound health;
the value of it is seldom
known until it be lost.
Charles C. Colton

* *

CREPES

1/4 cup Egg substitute
1/4 cup Water + 2 tablespoons
1/4 cup all-purpose Flour
1/4 cup Evaporated Skim Milk
1 teaspoon Corn Oil

Combine all ingredients in a blender on low speed. Heat a 6-inch crepe pan over medium heat. Spray with no-stick cooking spray. Add about 1/4 cup batter to pan, tilting to cover the surface. Cook until bottom of crepe is browned. Turn and cook on remaining side. Remove to a flat surface. Repeat with remaining batter, spraying as needed to prevent sticking. Fill crepes with vegetables, meats or fruits. Try filling crepe with chili, chicken salad, tuna or salmon salad. Make 8 to 9 crepes.
Note: To season a new crepe pan; pour oil ½-inch deep in a pan. Heat until smoking hot. Cool to room temperature. Dispose of oil. Wipe pan clean with paper towels. Calories 28; Protein 2 g; Carbohydrates 3.5 g; Fat-trace; Sodium 20 mg; Cholesterol 0 mg.

NO GUILT BROWNIES

3 oz unsweetened Chocolate, chopped
3/4 cup Flour
3 Egg whites
Powdered Sugar
1 cup granulated Sugar
3/4 cup low-fat Cottage cheese
1/4 teaspoon Salt
1 teaspoon Vanilla

Heat oven to 350 degrees. Over low heat melt chocolate. Cool slightly. In food processor puree all ingredients except chocolate and powdered sugar. Add melted chocolate; blend well. Pour into slightly buttered 8-inch square pan. Bake for 20-25 minutes or until just under set. Sprinkle with powdered sugar. Cut into 16 squares. Calories 107; Fat 3g.

POTATO PANCAKES

3 lbs. Potatoes, grated
1 large Onion, grated
1 tablespoon low-sodium soy sauce
4 Egg whites, beaten
1/4 cup all-purpose Flour

Grate potatoes into cold water so they don't turn brown. Then squeeze water out quickly. Add egg whites, mix well to coat; then add onion, flour and soy sauce. Spray a non-stick skillet with no-stick cooking spray. Drop spoonfuls of potato mixture into skillet; cook until crispy. Makes 16 pancakes. Calories 107; Protein 6g; Carbohydrates 20 g; Fat 0g; Sodium 37 mg; Cholesterol 0mg.

MEATS & FISH

CASABLANCA CHICKEN

2 tablespoon low-fat Yogurt
½ teaspoon ground Cinnamon
1/4 cup Chicken Stock
1 large Shallots, finely chopped
3/4 teaspoon dried leaf Oregano
2 Chicken Breasts, skinned, boned, pounded thin
½ teaspoon ground Cumin
1 large Eggplant
3 Garlic cloves, finely chopped
12 cherry tomatoes

Blend yogurt, cumin and cinnamon in a small bowl. Rub ½ of yogurt mixture all over chicken, cover with plastic wrap and marinate in refrigerator for 2 hours or overnight. Prick eggplant skin; steam until tender. Peel and chop. Spray a medium-size skillet with no-stick cooking spray. Add stock and saute' garlic and shallots until soft. Add eggplant and stir 2 minutes. Remove from heat, and remaining yogurt mixture and blend well. Keep warm. Spray another medium-size non-stick skillet. Add chicken breasts; cook 3 to 4 minutes on each side, constantly turning so as not to burn or stick. Add tomatoes, chicken and oregano to eggplant mixture. Serve on brown rice. Serves 4. Calories 175; Protein 28g; Carbohydrates 5g; Fat 3g; Sodium 70mg; Cholesterol 75mg.

MARINATED FLANK STEAK

1-1/2 lbs. lean Beef Flank Steak
2 tablespoons low-sodium Soy Sauce
1 teaspoon ground Ginger
2 tablespoons Pineapple Juice concentrate
4 green Onions, diced
2 Garlic Cloves, minced
1 cup Pineapple Chunks

Marinate flank steak with soy sauce, ginger, pineapple juice, onions and cloves overnight in the refrigerator. Turn once. Preheat grill or broiler. Broil 5 to 7 minutes each side, or to desired doneness. Slice diagonally. Serve with pineapple. Serves 6. Calories 192; Protein 24g; Carbohydrates 8g; Fat 7g; Sodium 200mg; Cholesterol 60 mg.

Old friends are the great blessings of one's latter years. Half a word conveys one's meaning. They have memory of the same events, and have the same mode of thinking.

Horace Walpole

CHINESE FISH

1 teaspoon grated Gingerroot
1 tablespoon low-sodium Soy Sauce
1 tablespoon dry cooking Sherry
1 Salmon or Halibut Steak, 9 to 10 oz (with bone)
2 tablespoons Water
4 green Onion with tops, diced
4 or 5 Snow Peas

Preheat oven to 375 degrees. Mix gingerroot, sherry, soy sauce, water and apple juice concentrate in a small bowl for sauce; set aside. Spray a baking dish with no-stick cooking spray. Place fish in dish. Combine sauce, green onions and snow peas; pour over fish. Cover and bake 20 to 25 minutes until fish turn from translucent to opaque. Remove sauce from pan; set aside. Broil fish 3 to 4 minutes until crispy. Pour sauce over fish. Serve with rice. Serves 2. Calories 180; Protein 29g; Carbohydrates 7g; Fat 1g; Sodium 389mg; Cholesterol 61 mg.

"FRIED" FISH FILLETS

2 4-oz fresh Fish Fillets
2 Egg whites, lightly beaten
2 tablespoons chopped fresh Italian Parsley
3/4 cup dried Bread Crumbs
1 teaspoon Paprika

Rinse fish and pat dry. Blend bread crumbs with cheese, parsley and paprika in a flat dish. Dip fillets into beaten egg whites, then bread crumbs mixture. Place in a single layer on waxed paper and place in freezer 1 hour. Spray a large skillet with no-stick cooking spray. Place skillet over a medium-high heat. Add fillets; cook, carefully turning once, until coating is brown and fish turns from translucent to opaque. Serves 4. Calories 157; Protein 20g; Carbohydrates 12g; Fat 2g; Sodium 248mg; Cholesterol 67mg.

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To know someone here or there
with whom you feel there is an understanding
in spite of distances or thoughts
unexpressed----that can make
of this earth a garden.
Goethe

GINGERED SOLE

1 lb Sole Fillets
1 tablespoon low-sodium Soy Sauce
2 tablespoons slivered Gingerroot
½ teaspoon fresh Lemon or Lime juice
2 tablespoons dry cooking Sherry
1 teaspoon Apple Juice or Pineapple Juice, concentrate
1 Garlic clove, minced
1 tablespoon Water

Rinse and dry fillets. Place fish on a heat proof plate. Combine soy sauce & water mixture, lemon juice, apple juice concentrate, garlic, gingerroot, sherry and green onions. Pour ½ of this mixture over fish using a brushy to coat all fish surfaces. Reserve the rest for sauce. Place plate on a steamer rack in a wok or large steamer in which 2 inches of water has come to a boil. Steam fish until it turns from translucent to opaque, 10 to 15 minutes. Serve with accumulated juice mixed with reserve sauce. Serve over rice or angel hair pasta. Serves 4. Calories 109; Protein 17g; Carbohydrates 5g; Fat 0.8g; Sodium 214mg; Cholesterol 61mg.

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Friendship. Sometimes the word
seems passe' in our instant-everything,
disposable-oriented world.
Friendship. It is not an
anachronism. It is a way
of being.

Ruth Senter

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KING OF THE SEA PRIMAVERA

12-oz fresh Salmon Fillet
1/3 cup dry White Cooking Wine
1 cup quartered fresh Mushrooms
1 cup Marinara Sauce (see below)
1 Red Bell Pepper, cut in thin strips
2 tablespoons grated Parmesan Cheese (optional)
about 1 cup of Water
10-oz whole-wheat Pasta
2 cup Broccoli Florets
1/3 cup low-fat Buttermilk

Poach fish in water in a medium-size skillet until fish turns from translucent to opaque, 7 to 8 minutes depending upon thickness; remove to a bowl. Cover with white wine; set aside. Cook pasta in boiling water in a large saucepan until tender but firm. Drain. Keep warm. Steam broccoli, mushrooms and bell pepper until crisp-tender. 3 or 4 minutes. Mix Marinara Sauce with buttermilk in a small saucepan; cook over low heat until hot. Arrange pasta on a large platter. Cover with vegetables. Drain fish and divide into very small pieces and arrange over vegetables. Cover with sauce and cheese, if desired. Lightly toss and serve. Serves 6. Calories 275; Protein 20 g; Carbohydrates 40 g; Fat 3 g; Sodium-72 mg; Cholesterol trace.

Marinara Sauce:

½ cup Onions, sliced
20-oz (1-lb. 13-oz) can Tomato Puree
4 large Garlic cloves, diced
1 tablespoon Apple Juice, concentrate
1 large Bay Leaf, break in half
#1 can Plum Tomatoes, undrained
2 tablespoons fresh Italian Parsley, chopped
½ teaspoon Basil, if fresh Basil, use 4 leaves
1 #1 can Plum Tomatoes, undrained
16-oz can Tomato Juice
2 tablespoons Tomato Paste
1 teaspoon Oregano, crushed
1/3 cup cooking Red Wine
½ teaspoon dried Thyme
pinch of Black Pepper

Saute' onion just until soft. Mix all remaining ingredients in a large 6 or 8-quart stock pot. Bring to boil; lower heat immediately and simmer for 1-1/4 hours. If extra thickness is desired, either cook higher or add a little more tomato paste. Makes 7-8 cups. Calories 40; Protein 2g; Carbohydrates 6g; Fat 1g; Sodium 29mg; Cholesterol 0mg;

Be a friend; the rest
will follow.
Emily Dickinson

SOLE STUFFED WITH SPINACH

½ cup low-fat Cottage Cheese
2 tablespoons chopped fresh Parsley
2 Garlic cloves, finely minced
4 4-oz Sole or Flounder Fillets
3 tablespoons low-fat Buttermilk
juice of ½ Lemon
1 cup Marinara Sauce
1 cup chopped fresh Spinach

Preheat oven to 350 degrees. Spray an oven-proof dish with no stick cooking spray. Cook spinach in a small sauce pan in boiling water just until wilted, 2 to 3 minutes. Combine well spinach, parsley, cottage cheese, and garlic together. Place 2 tablespoons cooked mixture in the center of each fillet. Roll fillet and place in a dish, seam-side down; pour lemon juice over rolled fillets. Mix sauce and milk together and pour over rolled fillets. Bake about 15 minutes or until fish turns from translucent to opaque. Serves 4.
Variations: Sprinkle 2 tablespoons grated Parmesan cheese evenly over fish when done and place under the broiler, 2 minutes. Spray no-stick cooking spray lightly over fish before broiling to keep it from becoming dry. Calories 200; Protein 37g; Carbohydrates 8g; Fat 0.2g; Sodium 297mg; Cholesterol 56mg.

PASTA SAUCE

ITALIAN CHEESE MIXTURE

4 cups (1-quart) part-skim Ricotta, drained
2 tablespoons grated Parmesan Cheese
2 tablespoons + 1 teaspoon Parsley, finely chopped
1 Egg white
Dash of Pepper

Combine all ingredients in a medium-size bowl. This mixture is enough for one box of jumbo pasta shells. Makes 4 cups. Calories 97; Protein 16g; Carbohydrates 3g; Fat 2g; Sodium 510mg; Cholesterol 11mg.

If I had known what trouble you were
bearing, what griefs were in the silence of
your face. I would have been more gentle
and caring, and tried to give
you gladness for a space.

Mary Caroline Davies

BARBECUE SAUCE

1/4 cup chopped Onion
2 tablespoons Vinegar
1 tablespoon Worcestershire Sauce
2 tablespoon brown Rice Syrup
1 teaspoon Dijon-style Mustard
½ cup Water
1/4 cup fresh Lemon Juice
1/4 teaspoon Paprika
2 teaspoons Garlic powder
1 cup no-salt added Ketchup seasoned with Chili Powder

Saute; onion in a pan sprayed with no-stick cooking spray. Add remaining ingredients and simmer 20 minutes. Use for barbecued chicken or beef. Makes 1-1/2 cups.
Variation: For those who prefer more tang, add 1 tablespoon hot salsa.
Calories 18; Protein-trace; Carbohydrates 1g; Fat-trace; Sodium 6mg; Cholesterol 0mg. Per tablespoon.

BASIC VINAIGRETTE

1 tablespoon + 1 teaspoon Apple Juice concentrate
1/4 teaspoon Garlic powder
1/4 teaspoon Onion powder
1 teaspoon low-sodium Soy Sauce
1/4 cup Red Wine Vinaigrette or Rice vinegar
Dash or Red Cayenne pepper (optional)
1 teaspoon fresh Lemon juice
½ cup Water
½ teaspoon Dijon Mustard

Place all ingredients in a jar with a tight fitting lid and shake well. When mixture is well blended, place in the refrigerator until time to serve. Makes 1 cup. Calories 5; Protein-trace; Carbohydrates 1g; Fat-trace; Sodium 8mg; Cholesterol 0mg.

COCKTAIL SAUCE

3/4 cup Chili Sauce or mild Salsa
1 tablespoon fresh Lemon Juice or Rice Vinegar
Dash of Cayenne Pepper
1/4 cup Celery, finely chopped

Mix in a small bowl and serve. Makes 1 cup.
Variation: Add 1/4 teaspoon grated horseradish. Calories 13; Protein 0g; Carbohydrates 3g; Fat 0g; Sodium 173mg; Cholesterol 0mg.

Cranberry Relish

1 cup whole raw Cranberries
½ cup Apple Juice concentrate
½ teaspoon ground cinnamon
3 tablespoons fresh Lemon Juice
2 tablespoons grated Orange Peel
1 large Red apple, diced
1 teaspoon ground Cinnamon
½ teaspoon ground Allspice
2 tablespoons grated gingerroot
1/4 cup Raisins

Combine all ingredients in a medium-size saucepan. Simmer over low heat 1 hour. Serve hot or cold. Makes 1-1/2 cups. Calories 18; Protein-trace; Carbohydrates 1g; Fat-trace; Sodium 1mg; Cholesterol 0mg.

Creamy Artichoke Dressing

½ cup low-fat Cottage Cheese
1 tablespoon Apple juice concentrate
1 tablespoon chopped Green Chiles
1 teaspoon dried Leaf Basil
½ (14-oz) can water-packed Artichokes, rinsed, drained and chopped
½ cup low-fat Buttermilk
1 tablespoon chopped fresh Dill
½ Onion, finely chopped

Combine cottage cheese and buttermilk in a blender; process until combined. Add artichokes and apple juice concentrate; blend until smooth. Add remaining ingredients. Process just to combine. Pour into a bowl, cover and refrigerate until chilled. Makes about 1-1/2 cups. Calories 12; Protein 1.5g; Carbohydrates 2g; Fat-trace; Sodium 34mg; Cholesterol-trace.

Cucumbers in Herbed Yogurt

1 large Cucumber, sliced lengthwise in 1/8-inch slices
1/4 teaspoon freshly ground
3 tablespoons minced fresh Basil
2 tablespoons minced fresh Mint
1 tablespoon Green Onion, minced
2 cups low-fat Yogurt

Pour boiling water over cucumber, then drain. Pat dry. Combine yogurt, basil, mint, onion, garlic and pepper in a medium-size bowl. Blend well. Add cucumbers and stir until cucumber is coated with yogurt mixture. Cover and refrigerate at least 1 to 2 hours or up to 24 hours. Serves 8.
Calories 43; Protein 3g; Carbohydrates 5g; Fat 1g; Sodium 41mg; Cholesterol 1mg.

FRENCH DRESSING

2 tablespoons no-salt added Tomato Paste
2 tablespoons fresh Lemon juice
1 tablespoon Apple Juice Concentrate
1 tablespoon low-sodium Soy Sauce
1/4 teaspoon Onion powder
1 cup cubed cooked yams, peeled (about 1 medium-size yam)
½ cup Rice Vinegar
3/4 cup Water
1/4 teaspoon Garlic powder
½ teaspoon dry Mustard
Dash Red Cayenne Pepper (optional)

Combine water, vinegar, tomato paste, apple juice concentrate, soy sauce, and lemon juice in a food processor fitted with the metal blade; process until combined. Add yams and process until smooth. Add spices and more water if too thick. Pour into a container with a tight fitting lid. Refrigerate up to 3 days. Makes about 2-1/2 cups. Calories 7; Protein-trace; Carbohydrates 2g; Fat-trace; Sodium 10 mg; Cholesterol 0mg.

GREEK GARLIC DRESSING

4 cups (1-quart) low-fat Yogurt
2 medium Cucumbers, peeled, seeded & diced
3 tablespoons finely chopped fresh Dill Weed
2 Garlic cloves, minced

Combine ingredients in a glass bowl. Cover and refrigerate several hours. Use as a dip or salad dressing. Calories 9; Protein 1g; Carbohydrates 1g; Fat-trace; Sodium 10mg; Cholesterol 1mg.

MIDDLE EASTERN TUNA SPREAD

6-1/8-oz can Tuna Fish packed with Canola Oil
1 clove Garlic, minced
½ cup canned Chick Peas, rinsed
2 Scallions, green part only, chopped
1 teaspoon Pickle Relish (optional)
1/4 cup pureed Cottage Cheese
½ teaspoon Sesame Oil
1 teaspoon Cumin
½ cup chopped flat Parsley

Combine tuna, garlic, chick peas, cottage cheese, lemon juice, scallions, sesame oil, and cumin in a food processor. Blend until smooth and creamy. Remove to serving bowl and top with parsley. Serve with toasted Pita wedges. Serving size 1 tablespoon.
Variations: Add 1 teaspoon pickle relish for extra variety. Calories 31; Protein 3.5g; Carbohydrates 2g; Fat 1g; Sodium 53 mg; Cholesterol-trace; Fiber-trace.

"Our" Mayonnaise

1-1/2 cups low-fat Cottage Cheese, drained
1 tablespoon Apple Juice concentrate
2 tablespoon Apple Cider vinegar
2 tablespoons fresh Lemon Juice
1 teaspoon low-sodium Soy Sauce
1 teaspoon no-salt added Dijon-style Mustard
1 Egg white
3/4 teaspoon Onion powder

Place all ingredients in a food processor fitted with the metal blade. Process 4 to 5 minutes, until double in volume and very smooth and creamy. Pour into a glass container, cover and refrigerate overnight. Makes 2-1/2 cups. **Variations:** season with curry powder, fresh minced garlic, grated horseradish, crushed pineapple, chives or salsa. Calories 18; Protein 1.5g; Carbohydrates 1g; Fat-trace; Sodium 58mg; Cholesterol-trace.

Summer Tomato Salad

2 large Tomatoes, thickly sliced
1 large fresh Basil leaf, chopped or
1 tablespoon chopped fresh Italian Parsley.
2 large purple or other sweet Onions, thickly sliced
½ cup Rice Vinegar

Alternate slices of tomato and onion on a large dish. Pour rice vinegar over top, covering each slice well. Sprinkle basil or parsley on top. Cover and refrigerate 30 minutes before serving. Serves 4. Calories 46; Protein 1g; Carbohydrates 11g; Fat-trace; Sodium 9mg; Cholesterol 0mg.

My friends have made the story of my life, in a thousand ways they have turned my limitations into beautiful privileges, and enabled me to walk serene and happy in the shadow cast by my deprivation.

Helen Keller

TROPICAL SPINACH SALAD

1 or 2 navel Oranges, cut in chunks ½ med.-size Red Onion, sliced
1 large bunch Spinach, stems removed, torn in bite-size pieces.

To make salad, toss orange pieces, onion and spinach in a medium-size bowl.

Buttermilk Dressing:

1 cup low-fat Buttermilk 1/4 cup fresh Orange juice
1 small clove Garlic, minced

Whisk all dressing ingredients together in a small bowl. Pour over salad and toss. Serves 4.

Variations: Add garlic Croutons. To make croutons, cut French bread in cubes. Place in a bowl and spray with no-stick cooking spray. Sprinkle with garlic powder and toss. Arrange on a baking sheet; bake until golden.
Calories 71; Protein 1g; Carbohydrates 17g; Fat 0g; Sodium 101mg; Cholesterol 2mg.

SOUP

BEAN SOUP

1 medium-size Onion, chopped 1 medium-size Carrot, sliced
1/4 teaspoon dried leaf Tarragon 1-1/2 cup Chicken stock
1 teaspoon low-sodium Soy Sauce ½ cup Water
2 or 3 tablespoons minced Pimento Juice from ½ Lemon
1-1/2 cup shredded Romaine, Escarole or Spinach
2 16-oz cans White Kidney Beans, rinsed, drained

Saute onion and carrot in 1/4 cup stock till soft. Add tarragon. Add onion mixture, beans and remaining stock to a food processor fitted with the metal blade; puree till creamy and smooth. Pour into a large saucepan, add water and soy sauce and heat thoroughly. Remove from heat; add lemon juice, romaine and pimento. Stir to wilt romaine. Serve hot. Swerve 6. Calories 120; Protein 9g; Carbohydrates 23g; Fat 0.1g; Sodium 278mg; Cholesterol 0mg.

The heart that truly loved never forgets,
but truly loves on to the close.
Sir Thomas More

Beef Stock

4 pounds Beef Shanks, cut in 2-inch pieces
4 Onions, unpeeled, quartered
2 tablespoons low-sodium Soy Sauce
Cheese cloth bag containing: 8 Parsley sprigs,
1 teaspoon dried leaf Thyme & 1 large Bay leaf, cut in half
2 large carrots, quartered
4 Celery stalks, quartered
5-quarts Water

Preheat oven to 400 degrees. Cook shanks in a baking pan in oven until browned. Drain off and discard fat. Place all ingredients in a large stock pot. Simmer 2 hours, skimming off foam as it rises to surface. Strain through a cheesecloth-lined strainer. Cover and refrigerate overnight. Remove and discard congealed fat from the surface. Use within 3 days or freeze. To freeze, pour into containers with airtight lids. Freeze up to 3 months. Makes 5 quarts. Calories 12; Protein 1g; Carbohydrates 2g; Fat-trace; Sodium 20 mg; Cholesterol-trace.

Kind words can be short and easy
to speak, but their echoes
are truly endless.
Mother Teresa

Cabbage Soup

4 cups Chicken Stock
8-oz can no-salt added Tomato Sauce
2 Celery Stalks, sliced
1 Leek, white part only, chopped
1 medium-size Onion, chopped
2 tablespoons low-sodium Soy Sauce
2 tablespoons fresh Dill, chopped
2 cups Water
2 Carrots, sliced
½ head cabbage, shredded
2 Turnips, sliced
1 Garlic clove, minced
½ cup Cauliflowerets

Combine everything except dill and soy sauce in a large saucepan. Cook 1 hour until vegetables are tender. Add dill and soy sauce. Cook 15 minutes. Serve hot. Makes 10 (1-cup) servings.
Variations: Add 2 cups cooked cubed chicken or 1 cup tofu when adding soy sauce. For a slightly different taste add 3/4 cup sliced fresh okra to soup with other vegetables. Calories 42; Protein 3g; Carbohydrates 5g; Fat 2g; Sodium 177mg; Cholesterol 0mg.

CHICKEN STOCK

Cold Water, to cover chicken at least 4-inches (about 7 quarts)
5 lbs. Chicken Necks & Back-remove all visible fat
4 stalks Celery with leaves-cut in halves
1 large Parsnip, cut in thirds
Parsley or Dill, your preference
1 large Onion, cut in half
4 Carrots, cut in thirds
1 Leek, use white part only
1 large Bay Leaf
6 to 8 Peppercorns

Place all ingredients in an 8 to 10-quart stainless steel pot. Cover with cold water. Bring to boil and remove the residue. Lower the heat and simmer for 2-1/2 hours partially covered. Stock will reduce by ½ and be gelatinous (fairly thick.) Strain through a triple mesh strainer. Cool and place in the refrigerator overnight. Remove congealed fat before using or freezing. Place in plastic containers or ice cube trays. Can remain unused in the freezer for 3 months. Calories 12; Protein 1g; Carbohydrates 2g; Sodium 17 mg.

A good friend will sharpen your character, draw your soul into the light, and challenge your heart to love in a greater way.

CURRIED CARROT SOUP

8 medium Carrots, cut in thirds
1 medium Onion, finely chopped
2/3 cups non-fat Milk, powder
2 large Garlic cloves, finely chopped
1 teaspoon Curry Powder (to taste)
1 Carrot, sliced for a garnish or Low-Fat Yogurt
3 cups Chicken Stock
1 low-sodium Soy Sauce

Steam carrots in a medium-size saucepan until tender. Saute' onion and garlic in a non-stick pan using 1 tablespoon of stock, until soft. Place steamed carrots and 2 cups of the stock in a blender and puree. Add milk powder, curry powder, soy sauce and remaining stock to the blender. Puree until creamy. Add onion and garlic mixture to the blender; process 30 seconds until pureed. Return to a saucepan to heat before serving. Spoon into 8 bowls; garnish with carrot slices or a tablespoon of yogurt. Makes 8 (3/4 cup) servings. Calorie 58; Protein 1g; Carbohydrates 10g; Fat-trace; Sodium-trace; Cholesterol 1mg.

DELICATE SNOW PEA SOUP

1 cup finely chopped Chinese Cabbage
1/4 cup thinly sliced Mushrooms
3/4 teaspoon grated Gingerroot
1 teaspoon low-sodium Soy Sauce
1/4 cup diced Green Onions with tops
4 cups Chicken Stock
2-oz Tofu, cut in small cubes
1 Garlic cloves, minced
1 cup fresh Snow Peas
1 Egg white, lightly beaten (optional)

Bring all ingredients to a boil except snow peas, green onions and egg white. Simmer 20 minutes. Add snow peas and green onions. Cook 5 minutes; slowly stir in egg white, if desired, to make ribbon effect. Serves 6.
Variation: for a creamy soup, add 1 heaping teaspoon cornstarch mixed with cold water plus ½ teaspoon light soy sauce. Add to soup, heat until thick and bubbly. Calories 37; Protein 3g; Carbohydrates 1g; Fat 0.5g; Sodium 45mg; Cholesterol 0mg.

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There can be no intimacy without conversation. To know and love a friend over the years you must have regular talks.

Alan Loy McGinnis

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FROZEN BOUILLON CUBES

2 cups Chicken Stock or Beef Stock
1 Bay Leaf, broken in half
½ cup white cooking Wine
1 Garlic clove, minced

Boil all ingredients in a medium-size sauce pan until reduced to half the amount. Cool. Pour into ice cube trays and freeze until solid. Remove from trays and place cubes in plastic freezer bags and close. Freeze up to 3 cubes months. Add 1 cube to a wok or skillet for sauteing or stir-frying. Makes 16. Calories 8; Protein 0.5g; Carbohydrates 0.5g; Fat-trace; Sodium 6mg; Cholesterol-trace.

MINESTRONE SOUP

2 Carrots, sliced
2 Green Onions, white part only
1 tablespoon low-sodium Soy Sauce
4 Garlic clove, minced
1 large Zucchini, quartered, sliced
1 cup Cooked or canned Garbanzo Beans
1 cup 1-in. pieces Green or Waxed Beans
12-oz. Can no-salt added Tomato Juice
1 tablespoon grated Parmesan Cheese
1 tablespoon Chopped Italian Parsley
1/3 cup whole-wheat Elbow Macaroni, cooked
1 cup cooked or canned White Kidney Beans
1 large Onion, chopped
2 Celery Stalks, sliced
1 teaspoon dried Basil leaf
1 teaspoon dried Oregano leaf
4 cup Chicken stock
6-oz. Can Tomato Paste
2 large Tomatoes, diced
Dash of Tabasco Sauce

Cook carrots, onion, celery and garlic in 1 cup chicken stock until tender. Add remaining ingredients except macaroni, Tabasco and cheese. Cook until vegetables are tender. Add remaining ingredients; simmer 10 minutes. Serve hot. Serves 12. Freezes well. Calories-108; Protein-6g; Carbohydrates-20g; Fat-0.8g; Sodium 176mg; Cholesterol-0mg.

ONION SOUP

2 large Onions, thinly sliced
2 teaspoons low-sodium Soy Sauce
2 tablespoons dry cooking Sherry
2 teaspoons dried Onion flakes
1-1/2 tablespoons Onion powder
4 cups Beef Stock
Dash of Pepper

Saute' onions in a medium-size saucepan in a small amount of broth and soy sauce until translucent, about 10 minutes. Add remaining ingredients. Cover and simmer 20 minutes

Variation: Ladle soup into 4 oven-proof bowls. Place 1 slice of French bread toast in each bowl. Sprinkle ½ teaspoon grated Parmesan cheese over each toast slice. Place bowls on the baking sheet and bake at 400 degrees until cheese melts, about 5 minutes. Calories 38; Protein 2g; Carbohydrates 7g; Fat 0g; Sodium 125mg; Cholesterol 0mg.

You entered my life in a casual way, and saw at a glance what I needed. There were others who passed me or met me each day, but never a one of them heeded.

Grace Stricker Dawson

Soup a La Athens

9 cups Chicken Stock
6 large Mushrooms, thinly sliced
1 tablespoon low-sodium Soy Sauce
1/4 teaspoon fresh Lemon Juice
2 cups chopped fresh Spinach
1 med-size Onion, thinly sliced
1 Egg white

Bring stock to a boil in a large saucepan. Add remaining ingredients except egg white. Reduce heat and simmer 15 minutes. Beat egg white slightly, and crop in ribbons into stock. Simmer 3 minutes. Serve hot. Makes 10 servings.
Variation: Eliminate egg white and add 1 poached shredded chicken breast. Calories 29; Protein 1g; Carbohydrates 2g; Fat 0g; Sodium 87mg; Cholesterol 0mg.

Clear Mushroom Soup

3 cups Chicken Stock
3 Green Onions with green tops, sliced
1 tablespoon dry cooking Sherry
6 fresh Mushrooms, sliced
1 teaspoon Salt Substitute

Heat stock in a medium-size saucepan, add mushrooms and onions; simmer 3 or 4 minutes just to wilt vegetables. Add sherry. Mix 3 tablespoons of the broth with salt to blend. Add salt mixture to soup. Cook 3 minutes; serve hot. Add salt mixture to soup. Cook 3 minutes; serve hot. Makes 3 servings. Calories 40; Protein 1g; Carbohydrates 1g; Fat-trace; Sodium 278mg; Cholesterol 0mg.

Mexican Bean Soup

½ cup Navy Beans
3 tablespoons chopped Onion
1 tablespoon chopped Parsley
½ cup finely shredded Cabbage
1 cup no-salt canned Tomatoes, crushed
3 cups cold Water
1 Garlic clove, minced
1 cup chopped Celery
½ cup cooked Noodles
1 teaspoon Cumin (optional)

Rinse beans and bring to a boil in enough water to cover by 1 inch. Let stand 1 hour; drain. Cook in the 3 cups water until tender, about 2 hours. Puree ½ cup of the beans in a blender; reserve. Saute' garlic, onion, parsley, celery and cabbage until wilted in a medium-size saucepan sprayed with no-stick cooking spray. Add beans, reserved puree and cumin, if desired, to above mixture, stir and add tomatoes. Add noodles, heat and serve hot. Makes 8 servings. Great High Fiber Dish!

Pea, Mushroom and Barley Soup

3/4 cup dried Yellow split peas
3/4 cup dried Green split peas
2 lg. Garlic cloves, finely diced
5 cups Chicken Stock
½ teaspoon Basil, finely chopped
½ teaspoon Tarragon, finely chopped
2 teaspoon fresh Parsley, finely chopped
2 tablespoon low-sodium Soy Sauce
2 teaspoon dried Mushrooms
3 cup Water
3 Celery stalks, diced
1/3 cup Barley
1 large Bay leaf
Dash of Sage
Dash of Thyme

Soak dried mushrooms in very hot water for 15 minutes. Then dice. Combine dried yellow and green split peas and enough water to cover in a large saucepan and bring to a boil, turn off the heat and soak 30 minutes. Drain peas and add remaining ingredients to sauce pan. Bring to a boil and then reduce heat and simmer 2 hours or until vegetables are tender. Soup should be fairly thick. Set aside and cool ½ hour. Remove 3/4 of the vegetables and puree in the blender with 1 cup of liquid. Return to the saucepan. Heat and serve. Makes 10 (8-oz) servings. Calories 79; Protein 5g; Carbohydrates 15g; Fat-trace; Sodium 62 mg; Cholesterol 0mg.

Spanish Rice Soup

1/3 cup uncooked Brown Rice
12-oz can no-salt Tomato Juice
3 1-lb cans no-salt added Tomatoes
½ Red Bell Pepper, diced
4-oz can mild Green Chiles, chopped
2 Carrots, sliced in 1-inch pieces
1 teaspoon Chili powder, to taste
1 Onion, chopped
2 cups chopped Celery
2 Garlic cloves, chopped
½ Green Bell Pepper, diced
1 teaspoon ground Cumin
5-1/2 cups water

In a 5 to 6-quart pot, bring water, tomato juice, rice, celery, carrots, onion and garlic to a boil. Cover, reduce heat and simmer 30 minutes. Check occasionally to make sure there is enough liquid and add as needed, since rice absorbs liquid as it cooks. Add remaining ingredients and simmer 25 minutes more or until rice is tender. Makes 10 to 12 servings.
Variations: For a one-pot dinner, add 2 cups leftover cubed chicken and reduce rice to 1/3 cup. Soup is also good cold. Calories 131; Protein 1g; Carbohydrates 27g; Fat 0.5g; Sodium 228mg; Cholesterol 0mg.

Every true friend is a glimpse of God.
Lucy Larcom

White Bean and Vegetable Soup

6 cups Chicken stock
1 large Red Onion, coarsely chopped
3 medium size Carrots, thinly sliced
1 large Celery stalk with leaves, sliced
2 tablespoons low-sodium Soy Sauce
2 medium-size Zucchini
2 small White turnips, diced
1 teaspoon dried leaf basil
1 small Bay leaf
Dash of Tabasco sauce
16-oz. Can White Kidney Beans, rinsed and drained
16-oz can no-salt added Tomatoes, quartered, liquid reserved

Combine all ingredients except Tabasco sauce in a large saucepan. Cook until vegetables are tender. In a food processor fitted with the metal blade, process half of the soup until pureed. Return puree to remaining soup; add Tabasco sauce. Heat and serve. Makes 8 servings.
Variations: Leave tomatoes in soup whole; do not puree. Calories 102; Protein 5g; Carbohydrates 20g; Fat 0g; Sodium 145mg; Cholesterol 0mg.

Baked Stuffed Potatoes with Spinach

2 baking Potatoes
2 tablespoons low-sodium Soy Sauce
3 tablespoons Skim Milk
1 Egg white
1 tablespoon grated Parmesan Cheese (optional)
½ (10-oz) pkg frozen chopped Spinach, thawed & drained

Preheat oven to 425 degrees. Bake potatoes about 45 minutes or until potatoes are tender. Cut in half lengthwise, scoop out center and puree in a food processor filled with the metal blade with milk and egg white. Add spinach and soy sauce. Replace in shells; sprinkle with cheese, if desired. Broil until browned. Make 4 servings.
Variations: Mexican Potatoes: add 2 tablespoons sales with spinach and soy sauce. Calories 72; Protein 1g; Carbohydrates 14g; Fat 0; Sodium 33mg; Cholesterol 1mg.

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Friendship consists in being a friend,
not in having a friend; in giving one's
affections unselfishly and
unreservedly to another.
H. C. Trumbull

ENCHILADAS

½ (16-oz) can Pinto Beans, rinsed, drained
½ (16-oz) can Garbanzo Beans, rinsed, drained
½ cup chopped Onion
8 Corn Tortillas
Tomato Slices
Mexican spices to taste
1-1/2 cups Salsa

Preheat oven to 350 degrees. Mash pinto beans and garbanzo beans together in a small bowl. Add onion and spices to beans. Place 2 tablespoon of bean mixture in center or each corn tortilla and roll up. Place rolled tortillas in a small glass baking dish and pour salsa sauce over tortilla. Cover with foil. Bake 20 minutes. Remove foil and bake 5 minutes more or until slightly browned. Garnish with thin slices of tomato. **Note:** Tortilla shells can be softened by placing flat in a heated Mexican-flavored tomato sauce 1 or 2 minutes before rolling. Makes 8 servings.
Calories 152; Protein 5g; Carbohydrates 27g; Fat 2.5g; Sodium 272mg; Cholesterol 0;

NATALIE'S RICE AND BLACKEYED PEAS

2 tablespoons Chicken Stock
1 large Tomato, diced
16-oz can Black-eyed Peas, rinsed, drained
1 medium-size Onion, diced
1 cup uncooked Brown Rice
2 cups Water

Spray a medium-size saucepan with no-stick cooking spray. Add stock and saute' onions until tender. Add tomato and cook 5 minutes more. Add rice and water, cover and cook until rice is tender. Add beans and cook 5 minutes more. Makes 4 servings. Calories 165; Protein 8g; Carbohydrates 32g; Fat 1g; Sodium 125mg; Cholesterol 0mg;

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Insomuch as anyone pushed you
nearer o God, he or she is
your friend.

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Meats & Miscellaneous

FAVORITE RECIPES

FROM MY COOKBOOK

Recipe Name	Page Number

Baked Stuffed Pork Chops

By: JoAnn Black

4 Rib Pork Chops, 1-inch thick
1 tablespoon finely chopped Onion
1/4 cup diced Celery
2 tablespoons Butter or Margarine
1 cup soft Bread Crumbs
1 can of Cream of Mushroom Soup
½ teaspoon Salt
1/8 teaspoon Poultry Seasoning
2 tablespoons Shortening
1/3 cup water

Trim excess fat from pork chops. Slit each chop from bone side almost to fat, making a pocket. Saute' onion and celery in butter in a skillet. Combine with bread crumbs, salt and poultry seasoning. Stuff into pockets in chops. Place chops in a skillet where shortening has been melted and brown the chops. Place in a 10-x-inch baking dish. Add soup and water to drippings in skillet. Stir to dissolve brown particles. Pour over chops. Bake; covered at 350 degrees for 1 hour or until chops are tender. Serves 4

Barbecued Lamb Shank Dinner

By: Sedelia Niemann

1/4 cup Flour
1 teaspoon Salt
4 Lamb Shanks
16-oz. can whole green beans, drained
4 medium Potatoes, pared and sliced ½-in thick
1/4 cup Water
1/4 teaspoon Pepper
2 tablespoons shortening
Barbecue Sauce (below)

Heat oven to 350 degrees. Prepare Barbecue Sauce. Mix flour, 1 teaspoon salt and the pepper; coat meat with flour mixture. Melt shortening in Dutch oven; brown meat. Drain off fat. Brush meat with barbecue sauce. Pour water into pan. Cover; bake 1 hour. Brush meat again with Barbecue Sauce. Add potatoes and season with salt. Cover; bake 1 hour longer. Brush remaining Barbecue Sauce on meat. Add beans; bake uncovered 30 minutes. Serves 4.

Barbecue Sauce: Combine in a sauce pan. **1/3 cup Ketchup 2tablespoons Brown Sugar, 2 tablespoons Worcestershire sauce, 1 tablespoon Vinegar, Dash red pepper sauce, 1 clove garlic, minced, 1/4 teaspoon dry mustard, 1/4 teaspoon salt;** heat over low heat 5 minutes, stirring occasionally. Also delicious on hamburgers, chicken and family steaks.

Barbecued Ribs

By: Twila Presley

3 to 4 lbs. Spareribs
1 clove garlic minced
1 cup Water
1 tablespoon Paprika
Dash Tabasco Sauce
2 Lemons, sliced
2 tablespoons Margarine
1 cup Tomato Ketchup
2 tablespoons Lemon Juice
1 tablespoon Worcestershire
2 Onions, sliced

Cut spareribs into pieces. Place in roasting ban. Brown in oven at 450 degrees for 30 minutes. Melt margarine in sauce pan, saute' garlic for 1 minute. Add to pan: ketchup, water lemon juice paprika, Worcestershire tabasco, onions and lemons slices. Bring to a boil. Pour fat from ribs; add sauce over ribs and bake covered, at 350 degrees for 1 hour. Remove cover and continue cooking for 30 minutes. Baste occasionally during baking.

Beef Brisket Barbecue

By: Dorothy Carr

4 to 5-lb. Well-trimmed boneless Beef Brisket
1-1/2 teaspoons Salt
1 tablespoon Worcestershire Sauce
1-1/2 teaspoons liquid Smoke
1 Bay Leaf, crumbled
½ cup Ketchup
1/4 teaspoon Pepper
1/4 cup Vinegar
½ cup finely chopped Onion

Rub meat with salt. Place on 20x15-inch piece of double thickness heavy-duty aluminum foil. Stir together remaining ingredients; pour on meat and seal securely. Place on grill 5-inches from medium coals. Cook, turning once, 1-1/2 hours or until meat is tender. Serves 10 to 12.

* *

My fondest hope is that I may be
worthy of a place in your friendship, and
being admitted to that sacred circle, that
I may never prove unfaithful
to your trust in me.

Edwin Osgood Grover

Bologna Biscuits With Vegetables

By: Jennifer Presley Breland

1/4 cup sliced Onion
½ lb. (2 cups) Bologna, cut into cubes
½ teaspoon Salt
1/8 teaspoon Pepper
3/4 cup cooked cut Green Beans
2 tablespoons Shortening
2 tablespoons Flour
3/4 cup cooked diced Carrots
1 16-oz. can Tomatoes
Bologna Biscuit Dough (below)

Heat oven to 425 degrees. In large skillet, cook and stir onion in shortening until tender. Remove from heat. Stir in flour, salt and pepper. Cook over low heat, stirring until mixture is bubbly. Remove from heat; stir in tomatoes. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in bologna, carrots and beans. Heat to boiling. Pour into ungreased baking pan, 8x8x2-inches; place in oven. Prepare Bologna Biscuit Dough; drop 8 or 9 tablespoonfuls dough on hot vegetable mixture. Bake uncovered 25 to 30 minutes or until biscuits are golden brown. Serves 5.

Bologna Biscuit Dough:

1 cup self-rising Flour
1/4 lb. (1 cup)Bologna, cut into 1/4-in. cubes
2 tablespoons Shortening
½ cup Milk

Measure dry ingredients into bowl. Cut in shortening until mixture until it looks like meal. Stir in bologna and milk.

Boiled Ham and Pineapple Slices

By: Jennifer Presley Breland

1 to 1-1/2 lbs. Ham Slice, ½-inch thick
1 8-1/2-ozs. can sliced Pineapple, drained
Soft Butter or Margarine

Set oven control at broil and/or 550 degrees. Diagonally slash outer edge of fat on ham at 1-inch intervals to prevent curling. Place ham on rack in broiler pan. Broil 3 inches from heat 5 minutes on each side or until light brown. During last 2 minutes of broiling, arrange pineapple slices on ham; brush slices with butter. Serves 4.

Friendship... is a word the very sight
of which in print makes the
heart warm.
Augustine Bell

Calico Ham Bake

By: JoAnn Black

1 lb. cooked Ham
1 medium Green Pepper, chopped
1 10-oz. pkg. Sharp Cheddar Cheese
4 Eggs, beaten
2 cups Milk

Grind ham and cheese together. Combine with green pepper, eggs and milk. Put into a greased 8-inch square baking dish. Bake; uncovered at 325 degrees for 1 hour or until browned. Cut into squares to serve. Serves 6.

Cherry-Glazed Baked Ham

5 to 7 lb. fully cooked Ham
1 21-oz. can Cherry Pie Filling
1/4 cup Orange Juice
1 cup Orange Marmalade
1/4 cup Sherry flavoring

Bake ham. Thirty minutes before end of baking, remove from oven. Pour drippings from pan. Score fat surface lightly in uniform diamond pattern. Strain pie filling; set cherries aside. Stir together syrup from pie filling, marmalade, sherry flavoring and orange juice. Pour syrup mixture on ham. Continue baking 30 minutes longer or until ham is done, basting frequently with glaze. Garnish ham with reserved cherries. Makes about 2-1/2 cups.

Easy Turkey Divan

By: Linda Stein

6 slices cooked Turkey or 2 cups cut-up cooked Turkey
2 10-ozs. pkgs. Frozen Broccoli Spears, cooked and drained
6 slices (6 ozs.) Processed American or Cheddar Cheese
1 can Evaporated Milk
1 can French fried Onion Rings
1 can condensed Cream of Mushroom Soup

Heat oven to 350 degrees. Arrange turkey in ungreased baking dish, 12x8x2 inches. Top with hot broccoli; cover with cheese. Stir together milk and soup; pour over cheese. Bake uncovered 25 minutes. Sprinkle with onion rings and bake 5 minutes longer. Serves 4 to 6.

In the cookie of life, friends
are the chocolate chips!

FRANKS AND SCALLOPED POTATOES

By: JoAnn Black

3 tablespoons finely chopped Chives
3 tablespoons Flour
3 tablespoons Butter or Margarine
6 Frankfurters, cut in pieces
6 medium Potatoes, pared and thinly sliced
1/4 teaspoon Pepper
2-1/2 cups Milk, heated
1 teaspoon Salt

Place one-third of the potatoes in a greased 2-1/2-quart casserole. Sprinkle with one-third of the chopped chives, one-third of the flour, one-third of the salt and one-third of the pepper. Dot with 1 tablespoon butter, repeat twice. Pour milk over all. Bake; covered at 350 degrees for 30 minutes. Remove cover. Stir in frankfurters. Bake; uncovered an additional 50 minutes or until potatoes are tender. Serves 6.

LAMB KABOB DINNER

By: Renee' Presley Gregory

½ cup Salad Oil
1 clove Garlic, crushed
2 teaspoons Salt
1/4 teaspoon coarsely, ground Pepper
2 or 3 slices French Bread, about 1-inch thick
1-1/2 lbs. Boneless Lamb, cut into 1-1/4-in. Pieces
1/3 cup Lemon Juice
2 large ears Corn
4 small tomatoes
1 teaspoon Dill Weed

Stir together oil, lemon juice, garlic, salt, dill weed and pepper. Place meat in shallow glass dish; pour lemon juice mixture over meat. Cover tightly; refrigerate at least 4 hours, turning meat occasionally. Remove meat from marinade; reserve marinade. Cut corn into 2-inch pieces. Cut French bread slices in half; butter both sides. Place lamb on one skewer, corn on a second and French bread on a third. Place tomatoes about 1/2-inch apart on 2 parallel skewers to prevent slipping. Garnish tomato skewers with olives. Grill lamb 4 inches from hot coals 20 minutes, turning once. After 5 minutes add corn and tomatoes; grill 15 minutes, turning and brushing frequently with reserved marinade. After 5 minutes add bread; grill 5 minutes on each side or until golden brown. Serves 4.

Without confidence there is no friendship

Epicurus

Macaroni and Cheese with Franks

By: JoAnn Black

1 small Onion, finely chopped
2 cups (8-oz.) shredded Cheddar Cheese
1 lb. pkg Franks, cut into 1-inch pieces
1/8 teaspoon Pepper
1 Evaporated Milk
8-oz. pkg. Elbow Macaroni

Cut macaroni according to package directions. Combine all ingredients. Put into a 2-1/2-quart casserole. Bake, covered, at 350 degrees for 30 minutes or until heated through. Stirring occasionally. Serves 6.

Peppery Glazed Pork Loins Chops

By: Lesbia Kennedy

2 tablespoons Soy Sauce
1 tablespoon cracked Black Pepper
1 clove Garlic, minced
1/4 teaspoon crushed Red Pepper
2 tablespoons Molasses
1 tablespoon Brown Sugar
1 teaspoon ground Coriander
4 boneless Pork Loin Chops cut into 1 to 1-1/2-inchs thick

Place pork chops in a shallow dish. Mix together in a small bowl; soy sauce, molasses, cracked pepper, brown sugar, coriander, red pepper and garlic; mix well. Pour over pork chops let stand at room temperature 20-30 minutes. Drain pork chops reserving marinade. Line pan with foil. Place chops in pan and bake uncovered at 375 degrees oven for 30-40 minutes. To make glaze; put marinade into a small sauce pan and bring to a boil. Boil gently about 1 minute or until slightly thickened. Transfer chops to a serving plate and spoon glaze over chops at time of serving. Serves 4.

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There is in friendship something of all relations, and something above them all. It is the golden thread that ties the hearts of all the world.

John Evelyn

* *

PLANTATION HAM PIE

By: Sarah Truitt

2 tablespoons Butter or Margarine
½ cup chopped Green Pepper
1 medium Onion, sliced
2 10-1/2-oz. cans condensed Cream of Chicken Soup
3 cups cubed cooked Ham
1 cup Milk
Parsley Pinwheels (below)

Heat oven to 425 degrees. Melt butter in large skillet. Cook and stir ham, green pepper and onion in butter until ham is golden and onion is tender. Stir in soup and milk. Heat just to boiling, stirring frequently. Pour into ungreased baking dish, 8x8x2-inches; place in oven. Prepare Parsley Pinwheels; arrange on hot ham mixture. Bake uncovered 20 to 25 minutes. Serves 6 to 9.

Parsley Pinwheels: Stir 2 cups Bisquick Baking mix, and ½ cup cold Water to a soft dough. Shape dough into a ball; knead lightly 5 times on floured cloth-covered board. Roll into rectangle, 12x7-inches. Sprinkle ½ cup snipped Parsley over dough. Roll up tightly, beginning at long side. Cut into 9 equal slices.

The unfinished friendships of this life are at once its dearest experiences and most glorious hopes.

Elizabeth Stuart Phelps

PORK CHOP SCALLOP

By: Dorothy Carr

4 Pork Loin or Rib Chops, ½ to 3/4 inch thick
1 pkg. Scalloped potatoes
2 tablespoons chopped Pimiento
Salt & Pepper

Trim excess fat from chops; grease 10-inch skillet with fat. Brown chops on both sides; season with salt and pepper. Remove chops from skillet. Empty potatoes and packet of seasoned sauce mix into skillet. Stir in pimiento and amounts of water and milk called for on the package. Heat to boiling, stirring occasionally. Reduce heat; place pork chops on top. Cover; simmer 30 to 35 minutes or until potatoes are tender. Serves 4.

Pressure-Cooker Ribs and 'Kraut

½ teaspoon Caraway Seed
1/4 cup Brown Sugar (packed)
5 to 6 medium Potatoes, pared and halved
5 to 6 Carrots, cut into 2-in. pieces
3-1/2 lbs. Spareribs, cut-up
1/4 cup chopped Onion
1 teaspoon Salt
1 32-oz. jar or 2 16-oz. can Sauerkraut, drained (reserve liquid)

Stir together caraway seed, sugar, onion and sauerkraut. In 6-quart pressure cooker, layer spareribs, sauerkraut mixture, potatoes and carrots. Season with salt. (Cooker should be no more than 2/3 full.) Measure reserved sauerkraut liquid and add water measure 1 cup. Pour into cooker. Cover; cook as directed by manufacturer, about 20 minutes. Serves 4 to 6.

Saucy Twist Pork Dish

½ cup finely chopped Onion
1/3 cup chopped Green Pepper
1 tablespoon Butter or Margarine
½ cup Catsup
1/3 cup shredded Cheddar Cheese
4 ounces uncooked Corkscrew-shaped Macaroni
1 12-oz. can Pork Luncheon Meat, cut into cubes
1 10-1/2-oz. can condensed Cream of Mushroom Soup

Heat oven to 400 degrees. Cook macaroni as directed on package; drain. In large skillet, cook and stir onion and green pepper in butter until onion is tender. Stir in macaroni and remaining ingredients. Pour into ungreased 1-1/2-quart casserole. Cover; bake 30 minutes. Serves 4 to 6.

Skillet Sausage and Sauerkraut

1 pkg. Scalloped Potatoes
½ teaspoon Caraway Seed
16-oz. can Sauerkraut, drained (reserve liquid)
12-oz. pkg. Fully cooked smoked Pork Sausage Links

Empty potato slices and packet of seasoned sauce mix into 10-inch skillet. Stir in amount of water called for on package. Add enough water to reserved sauerkraut liquid to measure 2/3 cup; stir liquid, sauerkraut and caraway seed into potatoes. Heat to boiling, stirring occasionally. Reduce heat; cover and simmer 30 minutes. Arrange sausages on top. Cover; cook 10 minutes longer. Serves 4 to 6.

STUFFED CROWN ROAST OF PORK

6 to 8 lb. Pork Crown Roast (about 20 ribs)
Choice of Bread Stuffing
1 teaspoon Pepper
2 teaspoons Salt

Heat oven to 325 degrees. Season meat with salt and pepper. Place meat bone ends up in open shallow roasting pan; wrap bone ends in aluminum foil to prevent excessive browning. To hold shape of roast, place a small oven-proof bowl or cup in crown. Insert meat thermometer so tip is in thickest part of meat and does not rest on fat or bone. Do not add water. Do not cover. Roast 30 to 35 minutes per pound or until meat thermometer registers 170 degrees. One hour before meat is done, remove bowl from center of crown; fill crown roast with your choice of bread stuffing; cover with aluminum foil during first 30 minutes. When roast is done, remove foil from bone ends and replace with crab apples or paper grills. Optional; garnish stuffing with sliced water chestnuts. To carve, remove stuffing to serving bowl; cut between ribs. Serves 12.

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I have learned that to have a good friend is the purest of all God's gifts, for it is a love that has no exchange of payment.

Frances Farmer

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PASTAS
&
RICE

FAVORITE RECIPES

FROM MY COOKBOOK

Recipe Name	Page Number

BAKED MANICOTTI WITH CHEESE FILLING

By: Eve Sheridan

DOUBLE MANICOTTI RECIPE

Sauce:

1/3 cup Olive or Salad Oil
1-1/2 cups finely chopped Onion
1 clove Garlic, crushed
2 tablespoons chopped Parsley
1 teaspoon dried Oregano Leaves
1 2lb-3oz. can Italian Tomatoes, undrained
1 6-oz. can Tomato Paste
1 teaspoon Salt
1/4 teaspoon Pepper
1 tablespoon Sugar
1 teaspoon dried basil leaves

Manicotti:

6 Eggs. room temperature
1-1/2 cups unsifted All-Purpose Flour
1/4 teaspoon Salt

Filling:

2 lb. Ricotta Cheese
1/3 cup grated Parmesan Cheese
1 tablespoon chopped Parsley
1/4 cup grated Parmesan Cheese
1 8-oz. pkg. Mozzarella Cheese, Diced
1/4 teaspoon Pepper
2 Eggs
1 teaspoon Salt

Make sauce; place hot oil in 5-quart Dutch oven, saute' onion and garlic 5 minutes. Mix in rest of sauce ingredients and 1-1/2 cup water, mashing tomatoes with fork. Bring to boiling, and reduce heat. Simmer mixture, covered and stirring occasionally for 1 hour. Make manicotti; in medium bowl, combine eggs and flour, 1/4 teaspoon salt, and 1-1/2 cups water; with electric mixer, Beat just until smooth. Let stand ½ hour or longer. Slowly heat an 8-inch skillet. Pour in 3 tablespoons batter, rotating the skillet quickly to spread batter evenly over bottom. Cook over medium heat until top is dry but bottom is not brown. Turn out on a wire rack to cool. Continue cooking until all of the batter is used. As the manicotti cools, stack them with waxed paper between them. Preheat oven to 350 degrees. Make filling; in a large bowl, combine ricotta, mozzarella, 1/3 cup Parmesan, eggs, salt, pepper and parsley; beat with wooden spoon to blend well. Spread about 1/4 cup filling down the center of each manicotti, and roll up. Spoon 1-1/2 cups sauce into each of two 12x8x2-in. baking dishes. Place eight rolled manicotti, seam side down, in single layer; top with 5 more. Cover with 1 cup sauce; sprinkle with Parmesan. Bake; uncovered, ½ hour or until bubbly. To freeze: Line baking dish with large piece of foil; assemble as directed. Fold foil over to seal, and freeze in dish. When frozen, remove dish. To serve: unwrap; place in baking dish, and let stand 1 hour to thaw. Bake, covered, 1 hour at 350 degree oven.

BEEF FRIED RICE

BY: Sedelia Niemann

1/4 lb. cooked Beef
1 small Onion
2 tablespoons Soy Sauce
2 tablespoons dry cooking Sherry
2 tablespoons Cooking Oil
1 medium Cucumber
1 clove Garlic
2 Eggs, beaten
3 cups chilled cooked Rice

Slice cooked beef into bite-size strips (should measure about 1 cup); set aside. Seed and chop the cucumber; set aside. Chop the small onion; set aside. Mince the garlic; set aside. Mix soy sauce and sherry; set aside. Preheat a wok or large skillet over high heat; add cooking oil. Stir-fry garlic in hot oil for 30 seconds. Add beef and vegetables; stir-fry for 1 minute. Remove beef and vegetables. Add more oil, if necessary. Add rice to the wok or skillet, tossing to heat for 1 minute. Add beef, vegetables, and soy sauce mixture. Drizzle beaten eggs over rice mixture. Cook, stirring constantly, till eggs are set. Makes 4 to 6 servings.

FLUFFY RICE AND CHICKEN

By: Renee' Presley Gregory

3/4 cup uncooked regular rice
2 chicken Breasts, halved
1 4-oz. can Mushroom stems and pieces
1 can Cream of Mushroom Soup
1 pkg. Onion Soup Mix
1 soup can Milk

Heat oven to 350 degrees. Mix mushroom soup and milk; reserve ½ cup of the mixture. Mix remaining soup mixture, rice, mushrooms (with liquid) and half the onion soup mix. Pour into ungreased baking dish, 12x8x2-inches. Place chicken breast on top. Pour reserved soup mixture over chicken breasts; sprinkle with remaining onion soup mix. Cover with aluminum foil; bake 1 hour. Uncover; bake 15 minutes longer.

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Friendship...is a word the very sight
of which in print makes the
heart warm.

Augustine Bell

Fried Rice

By: Twila Presley

1-1/2 cups uncooked Rice
2 Eggs, slightly beaten
4 large Green Onions and tops, chopped
½ teaspoon Sugar
1/4 lb. Bacon, fried and crumbled
3 cups salted Water
2 tablespoons Soy Sauce
½ teaspoon dry Mustard

Cook raw rice with water the day before it is to be used. The next day mix cold rice with eggs; cook green onions in oil over high heat. Add rice mixture, stirring well. Add soy sauce which has been mixed with dry mustard and sugar. Cook until slightly browned. Add crisp crumbled bacon and stir until rice is brown and dry.

Garden Pasta Bake

By: Vicky Presley

½ cup chopped Onion
1 tablespoon Butter or Margarine
2 cups shredded Monterey Jack Cheese
1 can Cream of Mushroom Soup
14-1/2 oz. can Cut Green Beans, drained
14-1/2-oz. can Italian Diced Tomatoes
15-1/4-oz. can Whole Kernel Corn, drained
OPTIONAL: 2 cups diced cooked ham or chicken
6 oz. Penne Pasta

Cook pasta as package directs, drain. Cook onion in butter in 10-inch skillet until tender. Add tomatoes, corn, green beans and ½ of cheese. Stir in soup; mix well. Combine pasta with vegetable mixture. Season to taste with salt and pepper, if desired. At this point add ham or chicken if desired. Pour into 11x8 inch baking dish or casserole dish. Top with remaining cheese. Bake at 350 degrees for 20 minutes or until hot.

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The thread of our life would be
dark, heaven knows, if it were not
with friendship and love intertwined
Sir Thomas More

* *

GREEN RICE

By: Elizabeth Rickman

2 cups cooked Rice
½ cup Wesson Oil
1/4 lb. American Cheese
1 large can Carnation Milk
1/4 can (or less) dried parsley flakes
2 Eggs, beaten
1 small Onion, minced
Salt and Pepper to taste
½ cup minced Green Pepper

Mix all seasonings, then add rice. Bake in buttered casserole for 45 minutes to 1 hour at 300 degrees

IMPOSSIBLE LASAGNE PIE

By: Sarah Truitt

½ cup creamed Cottage Cheese
1 lb. Ground Beef
1 cup shredded Mozzarella Cheese
½ teaspoon Salt
½ teaspoon dried Oregano
1 16-oz. can Tomato Paste
1 cup Milk
½ cup Bisquick Baking Mix
2 eggs

Heat oven to 400 degrees. Spread cottage cheese in greased 9-inch pie plate. Cook ground beef; drain. Stir in ½ cup mozzarella cheese, salt, oregano and tomato paste; spoon over cottage cheese. Stir milk, baking mix and eggs with a fork until blended. Pour into plate. Bake 30 tp 35 minutes or until knife inserted in center comes out clean. Sprinkle with remaining cheese. Bake 1 to 2 minutes or until melted. Make 8 servings.

* *

Friends are friends forever
If the Lord's the Lord of them....
In the Father's hands we know
That a lifetime's not too long
To live as friends.

Deborah D. Smith and Michael W. Smith
"Friends"

* *

IT AIN'T MEAT LASAGNE

By: Vicky Presley

2 10-oz. pkgs. frozen chopped Broccoli
1/4 cup Lemon Juice
2 teaspoons Sugar
8 lasagne noodles, cooked and drained
1-1/2 cups (6 ozs.) shredded low-fat Mozzarella Cheese
½ teaspoon each of garlic powder and nutmeg
1 cup drained, soft tofu
1 teaspoon dried Oregano
Italian Sauce (recipe follows)

Preheat oven to 350 degrees. Cook broccoli according to pkg. directions. Drain. In blender or food processor, combine tofu, lemon juice, oregano, garlic powder, nutmeg and sugar. Stir in broccoli. Cover bottom of 9x13-inch baking pan with thin layer of Italian Sauce. Arrange 4 lasagne noodles over sauce. Spread half of broccoli-tofu mixture over noodles. Sprinkle with half of mozzarella. Make one more layer using half of remaining sauce and remaining 4 noodles and remaining broccoli-tofu mixture. Sprinkle with remaining mozzarella. Cover with remaining sauce and sprinkle Parmesan cheese over top. Bake 30 minutes. Let stand 10 minutes. Serves 10.

ITALIAN SAUCE:

5 teaspoons Olive Oil
1 cup Carrots, grated
1/4 cup chopped Parsley
½ teaspoon Sugar
2 cloves Garlic, crushed
1 28-oz. can Tomato Sauce
1 tablespoon Lemon Juice
1 teaspoon each dried Basil and Oregano

In a large saucepan, heat olive oil. Add garlic and carrots and saute' until garlic just starts to brown. Add remaining ingredients. Cover and simmer over low heat 15 minutes. Makes about 4 cups.

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The thread of our life would be
dark, heaven knows, if it were not
with friendship and love
intertwined.

Sir Thomas More

* *

MIRACLE LASAGNA

By: Twila Presley
Prep: 5 minutes

1 28-oz. jar Spaghetti Sauce
6 **DRY** Lasagna Noodles
1 15-oz. Cottage or Ricotta Cheese
2 cups shredded Mozzarella Cheese
1/4 cup grated Parmesan Cheese
OPTIONAL;
1 lb. Ground Beef, cooked and scrambled
1 medium Onion
Green Pepper, chopped (if desired)
1-1/2 teaspoons grated or chopped Garlic
1/4 cup Green Bell Pepper, chopped (if desired)

In a 2-qt (11"x7") baking dish, spread 1 cup sauce. Top with 3 dry noodles, ground beef mixture (if desired) cottage or ricotta cheese, Parmesan cheese and 1 cup sauce. Top with remaining dry noodles and sauce. Cover. Bake at 375 degrees for 1 hour. Top with remaining mozzarella cheese and let stand 5 minutes. Serves 6.

ONION AND SPAGHETTI TOSS

By: Vicky Presley

1-1/2 lbs. Onions
½ cup White Wine
1 teaspoon Salt (or less)
1/3 cup Parmesan Cheese (or more if desired)
1 lb. Spaghetti, cooked and drained.
5 tablespoons Olive Oil
1/8 teaspoon Pepper
1 tablespoon Parsley Flakes

For 45 minute cook thinly sliced onions on lowest heat possible with oils. Place heat on medium high and cook just until onions are golden, then add wine, salt and pepper; stir for 3 to 5 minutes until wine evaporates. Remove from heat. Add drained spaghetti to onions and toss in Parmesan cheese until throughly mixed. Serve warm.

We all have needs and strengths
that could benefit from
friendship with another.
Sheri Curry

PASTA WITH CHICKEN AND TRICOLOR PEPPERS

By: Linda Stein

2 tablespoons Olive Oil
1 Scallion, cut into thin diagonals
2 tablespoons fresh Lemon Juice
Parmesan Cheese shavings
½ ea. large green, red & yellow Bell Peppers, cut into 1/8-inch strips
2 boneless, skinless Chicken Breasts, each 6-ozs, cut into 1/2-inch strips
12 ozs tubular Macaroni (like Mostaccioli, Ziti, or Ziti Regati)

Heat oil in a medium skillet; add peppers and scallion; stir-fry 2 minutes. Add chicken; sprinkle with half the thyme leaves and salt and pepper to taste; cover and cook over low heat until cooked through, about 5 minutes. Meanwhile, cook the pasta in plenty of boiling salted water until firm to the bite, about 15 minutes; drain. Toss the chicken and peppers, pasta, lemon juice, scallion tops, and remaining thyme leaves. Serve with shavings of Parmesan cheese.

PRESTO PESTO

3 tablespoons dried Basil
½ cup fresh Parsley
1 teaspoon Salt
1/3 cup Parmesan Cheese
1/4 cup Water
3 tablespoons Olive Oil
½ teaspoon Ground Pepper
1 teaspoon minced Garlic

Combine basil and water in 1 cup measuring cup. Cover with plastic wrap; vent. Microwave on high 3 minutes or until water is absorbed. Puree in blender with parsley, olive oil, salt and pepper. Stir in the cheese and garlic. Toss with cooked pasta. Makes 4 servings.

* *

Friendships begun in this world can
be taken up again in heaven,
never to be broken off.

Francis de Sales

* *

QUICK AND JASSY JAMBALAYA

1 6.8-ozs. Rice-A-Roni Spanish Rice
1 med. Green Bell Pepper, chopped
1/8 to 1/4 teaspoon Hot Pepper Sauce
14-1/2-oz can Tomatoes, undrained, chopped
1 cup chopped Onion
2 cloves Garlic, minced
1 cup chopped cooked or uncooked Chicken (about 2 breast halves)
8 ozs. Frozen cleaned precooked Shrimp or raw Shrimp, shelled, deveined

In large skillet, saute' rice-vermicelli mix as package directs. Stir in 2 cups water, ham, onion, tomatoes, garlic, hot pepper sauce and contents of seasoning packet; bring to a boil over high heat. Cover; reduce heat to low. Simmer 10 minutes. Stir in shrimp and green pepper. Cover; simmer 8 to 10 more minutes or until most of liquid is absorbed and shrimp turn pink. Serves 5.

QUICK TORTELLINI & TOMATO SOUP

By: Linda Stein

1 16-oz. pkg. frozen Rosetto Cheese Tortellini
1/4 cup finely chopped Green Onions
1 medium Tomato, chopped
2 10-3/4-oz cans condensed Tomato Soup

In a large sauce pan, combine soup and 2 soup cans full of water. Bring to boiling. Add frozen tortellini, salt and pepper to taste. Return to boiling, reduce heat. Simmer uncovered for 8 minutes, stirring occasionally. Stir in green onions and chopped tomato. Serves 6.

RICE CASSEROLE

By: Elizabeth Rickman

2 cups cooked Rice
2 cup Milk
½ lb. Velveeta Cheese
2 tablespoons Salad Oil
Dash of Garlic salt
2 Eggs, beaten
2 tablespoon Parsley Flakes
1 medium Onions, chopped
Dash of Red Pepper
Salt to taste

Mix well, and place in greased casserole. Bake at 300 degrees 45-55 minutes, until set.

Rice-Green Chiles-Cheese Bake

By: Vicky Presley

2 cups cooked Rice
1 large Tomato, sliced
2 pkg. Parsley, chopped
1/4 teaspoon Oregano
1/4 cup Green Pepper, chopped
1 7-1/2-oz. can Chiles, diced
3 medium Zucchini, diced
1 teaspoon Garlic Salt
2 cup Sour Cream
12 oz. Jack Cheese, grated
1/4 cup Green Onion, chopped

Cook zucchini in small amount of salted water till crisp tender. In a 3 quart buttered casserole, place cooked rice. Cover with chiles. Sprinkle half of cheese and arrange zucchini slices over the cheese. Add tomato slices. Sprinkle with salt and herbs (to taste.) Combine sour cream, oregano, garlic salt, green pepper and onion. Spoon evenly over tomato layer. Scatter remaining cheese over all. Bake in 350 degree oven for 45 to 50 minutes. Serve immediately.

Super Sunday Lasagna

By: Janice Bell

1 lb. pkg Lasagna, uncooked
2 26-oz jars Tomato & Basil Pasta Sauce
2 Eggs
1 lb shredded Mozzarella Cheese, shredded
10-oz pkg frozen chopped Spinach, thawed and well drained
16-oz Ricotta Cheese
1 teaspoon Garlic, minced
½ cup grated Parmesan Cheese
chopped Parsley

Prepare lasagna according to package directions; drain. In medium bowl, combine ricotta, spinach, mozzarella, Parmesan and eggs; mix well. In 15x9-inch baking dish, layer 2 cups sauce, half the lasagna, half the remaining sauce, all of the spinach mixture, half of the remaining mozzarella, remaining lasagna and sauce. Cover. Bake in a 350 degree oven until bubble, about 45 minutes. Uncover. Top with remaining mozzarella and parsley. Bake 15 minutes longer. Let stand 10 minutes before serving. Refrigerate leftovers. Serves 12 to 15.

Be Humble and gentle. Be patient with each other, making allowance for other's faults each because of your love.

Ephesians 4: 2 TLB

Swanson Chicken & Pasta Primavera

By: Becky Harleson

1 can Cream of Mushroom Soup
3/4 cup Milk
1/4 cup Parmesan Cheese
1/8 teaspoon Garlic Powder
2-1/2 cups cooked Corkscrew or Elbow Macaroni
2 5-oz. cans Premium Chunk White Chicken, drained
1/8 teaspoon Pepper
2 cups Broccoli Florets
2 medium Carrots, sliced

In saucepan, mix soup, milk, cheese, garlic powder, pepper, broccoli and carrots. Over medium heat, heat to a boil. Cover and cook over low heat 10 minutes or until vegetables are tender-crisp, stirring occasionally. Stir in macaroni and chicken and heat through. Serves 4.

Thirty Minute Creamy Macaroni

7-oz pkg (2 cups uncooked) Elbow Macaroni
1 can Cream of Mushroom Soup
1 teaspoon DiJon style Mustard
½ cup Red Pepper, cut in 1" squares
1 cup Cauliflower Florets
1-1/2 cup Cubed Cooked Turkey or Ham
1 cup Milk
1/8 teaspoon Pepper
2 cups Broccoli Florets
3/4 cup Cheddar Cheese, shredded

Prepare macaroni as directed on package, drain. In 10" skillet over medium heat, heat soup, milk mustard and pepper to boiling. Add vegetables and return to boiling. Reduce heat to low. Cover, simmer 10 minutes or until vegetables are tender, stirring occasionally. Stir in ham, cheese, macaroni. Heat thoroughly. Sprinkle with additional cheese, if desired. Makes 6 servings.

The best and most beautiful things
in the world cannot be seen or even
touched. They must be felt
with the heart
Helen Keller

TUNA AND RICE

By: Elizabeth Rickman

3 tablespoons Flour
1-1/2 cups Cheese
Dash Cayenne
1 can or 2 fresh Tomatoes
½ cup onion
1 tall can Milk
1 tablespoon Parsley
1-1/2 cups water
1/4 cup Butter
1-1/2 cups instant Rice
½ teaspoon oregano
½ cup onion
1 teaspoon Salt
2 tablespoons Parmesan Cheese
Dash Paprika
1 cup Tuna

Mix flour, pepper, ½ tablespoon salt, butter and seasonings. Slowly add milk; cook until thickened; add cheese. Line bottom of Pyrex dish with rice; and water. Place tuna, tomatoes and onion on top of rice. Sprinkle the other ½ teaspoon salt over all. Top with cheese sauce. Bake 15 minutes at 375 degrees. This sauce can be used with chicken or other meats.

WILD RICE WITH MUSHROOMS AND ALMONDS

By: Rachel Andersen

1 cup uncooked Wild Rice
½ cup slivered Almonds
1/4 cup Butter or Margarine
3 cups Chicken Broth
2 tablespoons snipped Chives or chopped Green Onions
1 8-oz. can Mushroom Stems and Pieces, drained

Wash and drain rice. Melt butter in large skillet. Add rice, almonds, chives and mushrooms; cook and stir until almonds are golden brown, about 20 minutes. Heat oven to 325 degrees. Pour rice mixture into ungreased 1-1/2-quart casserole. Heat chicken broth to boiling; stir into rice mixture. Cover tightly; bake about 1-1/2 hours or until all liquid is absorbed and rice is tender and fluffy. Serves 6 to 8.

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There are times when encouragement
means such a lot...and a word
is enough to convey it.
Grace Sticker Dawson

* *

Pies & Tarts

APPLE PANDOWDY

By: Becky Harelson

2 sticks or 1 pk. of Pie Crust Mix
1 20-oz can Apple Slices, drained
3 tablespoons Butter or Margarine, melted
½ cup Brown Sugar (packed)
6 tablespoons Maple Syrup

Heat oven to 425 degrees. Prepare pastry for 8-inch two-crust pie as directed on package. Stir together apple slices and brown sugar; turn into pastry-lined pie pan. Top with butter and 3 tablespoons of the syrup. Cover with top crust which has slits cut in it; seal and flute. Bake 15 minutes; remove from oven. Make crisscross cuts about 1-inch apart through top crust and filling. Drizzle remaining syrup on top. Cover edge with 2 to 3-inch strip of aluminum foil to prevent excessive browning; bake 25 minutes longer. Serve warm and, if you wish, pour on additional syrup.

BLACKBERRY TART

By: Twila Presley

½ 17-1/2-oz pkg frozen Puff Pastry
Berry Topping:
1 cup Blackberries, washed & drained*
1 cup Confectioners' Sugar
3 to 4 teaspoons Milk
2 tablespoons Currant Jelly, melted
½ cup chopped Walnuts or Pecan Nuts

Custard Filling:
1 tablespoon Cornstarch
1 Egg yolk
2 tablespoon Sugar
1 cup Milk
½ teaspoon Vanilla Extract

Remove puff pastry from freezer. Let stand at room temperature 20 minutes, to thaw. Preheat oven to 400 degrees. Unfold one sheet of pastry (two in a package); refreeze remaining sheet for later use. With sharp knife, cut 6 3/4-inch strips from long side. The 10x4-1/2-inch pastry rectangle is the base. Place on cookie sheet; prick all over with fork. Brush edges with water; place a strip on each side of the rectangle. Cut a third strip into two pieces to fill in the ends. Place on narrow side of rectangle. Repeat with remaining strips of pastry to make a double thickness of pastry around the edge. Bake 15 to 20 minutes, or until golden-brown. Remove to wire rack to cool. Make custard filling: Combine granulated sugar and cornstarch. Gradually add to 1 cup milk, stirring constantly. Cook, stirring, over medium heat until mixture starts to boil. Remove from heat; stir in egg yolk. Return to heat; cook, stirring, until custard is thick. Add vanilla. Chill over bowl of ice cubes. To serve: Spoon custard into center of tart, spreading evenly. Arrange blackberries on top. Spoon melted jelly over berries. In small bowl, mix confectioners' sugar and milk. Frost sides of tart, and sprinkle with nuts. Makes 6 servings. *May use Raspberries.

Cherry Cheese Pie

6-oz Graham Cracker Pie Crust
½ cup reconstituted Lemon Juice
8-oz pkg Cream Cheese, softened
14-oz can Eagle Brand Milk
1 teaspoon Vanilla Extract
21 -oz can Cherry Pie filling, chilled

In medium bowl, beat cream cheese until fluffy. Add Eagle Brand; mix thoroughly. Stir in lemon juice and vanilla. Pour into crust. Chill 2 hours. Top with cherry pie filling before serving. Refrigerate.

Chocolate Peanutty Pie

1-1/2 cups cold Milk*
2 cups Cool Whip*
1/4 cup creamy Peanut Butter
1/3 cup Peanuts, chopped
1 large Jell-o Chocolate Instant Pudding & Pie Filling*
1 baked 9-inch Pie Shell, cooled
*or use 2 packages (4-serving size) Instant Pudding & Pie Filling and 2 cups milk.

Gradually blend milk into peanut butter in small bowl, beating until smooth. Blend in pie filling mix and beat until blended and smooth, 1 to 2 minutes. Fold in whipped topping and nuts. Spoon into pie shell. Freeze 1 hour or chill 3 hours before serving. Garnish with additional whipped topping and peanut halves, if desired.

* *

I want to gorge my strongest friendships with fellow "limpers"-----ordinary women who, though a little bruised and battered, hobble forward on their spiritual journey.... We can hold each other up along the way.

Janis Long Harris

* *

Chocolate Pecan Pie

3 Eggs, slightly beaten
1/3 cup Sugar
1-1/2 cups Pecan Halves
2 tablespoons Butter or Margarine, melted
4-oz pkg German Semi-sweet Chocolate, melted
1 cup Corn Syrup
1 teaspoon Vanilla Extract
1 unbaked 9-inch Pastry Shell

Preheat oven to 350 degrees. In large bowl, stir eggs, corn syrup, chocolate, sugar, butter and vanilla until well blended. Stir in pecans. Pour into pastry shell. Bake for 50 to 60 minutes or until a knife inserted halfway between center and edge comes out clean. Cool on wire rack. Serves 8.

Chocolate Pie

By: JoAnn Black

2 squares unsweetened Chocolate
2 cups Milk
1 cup Sugar
1/3 cup Flour
Pinch of Salt
large lumps of Butter
3 Egg Yolks
3 Egg Whites
1 teaspoon Vanilla
1 9-inch Pie Shell

Heat milk and chocolate until chocolate is melted. Add these ingredients to a mixture of sugar, flour and salt. Cook in the top of a double boiler until thickened. Beat egg yolks. Add some of the hot mixture to the eggs, mix and return to the pan stirring well. Add butter and cook for about 5 minutes stirring constantly. Cool and add vanilla. Pour into pie shell. Beat egg whites adding a pinch of salt and a small amount of vanilla. Add 6 tablespoons of sugar slowly. Spread meringue over pie and bake for 15 minutes at 350 degrees.

Chocolate Chip Pie

By: JoAnn Black

1 6-oz pkg. Chocolate Chips
2 tablespoons Sugar
3 tablespoons Milk
4 Eggs, separated
Pie Shell, pre-baked
Whipped Cream

Melt the chocolate chips, sugar and milk. Let cool. Add egg yolks, whip the egg whites until stiff and fold into the chocolate mixture. Fill the pre-baked pie shell with chocolate mixture and top with whipped cream. Chill for several hours.

Chocolate Chip Pie

By: Janice Bell

1 cup Sugar
2 Eggs, beaten
1 stick Butter or Margarine, melted
1 cup semi-sweet Chocolate Chips
1 deep dish Pie Shell, unbaked
½ cup Flour
1 teaspoon Vanilla
3/4 cup Pecans, chopped
½ cup Coconut

Combine sugar, flour, eggs, margarine and vanilla; mix well. Add chocolate chips, pecans and coconut; mix well. Pour into an unbaked deep dish pie shell and bake at 350 degrees for 35-40 minutes until firm. Serve with vanilla ice cream or Cool Whip.

Chocolate Pudding Pie

By: Bob Presley

1 3-1/2-oz pkg Chocolate Pudding & Pie Filling Mix
1 cup light Corn Syrup
3/4 cup Evaporated Milk
2 Egg whites
Toasted Coconut for garnish
2 Egg yolks
½ cup flake Coconut
1/8 teaspoon Cream of Tartar
9-inch unbaked Pie Shell*

Blend pudding mix and corn syrup in mixer bowl. Gradually add evaporated milk and egg yolks. Beat until blended. Stir in coconut, beat egg whites and cream of tartar in small mixer bowl until stiff. Fold into pudding mixture. Pour into pie shell. Bake in moderate oven 350 degrees for 35 minutes or until set. Garnish with toasted coconut. Cool at least 3 hours. *Frozen 9-inch deep dish pie shell may be substituted.

Classic Walnut Pie

3 Eggs, lightly beaten
2 tablespoons all-purpose Flour
2 tablespoons Butter or Margarine, melted
9-inch unbaked Pastry Pie Shell
1-1/2 cups Walnuts, large pieces
1 cup Sugar
1 cup Corn Syrup
1 teaspoon Vanilla

Heat oven to 400 degrees. Combine eggs, sugar, flour, corn syrup, butter and vanilla; blend well. Pour into unbaked pie shell; arrange walnuts on top. Bake in lower third of oven at 400 degrees for 15 minutes. Reduce oven temperature to 350 degrees; bake an additional 35 to 45 minutes or until center appears set. Cool completely. Serves 8.

Coconut Cream Pie

By: Linda Stein

3/4 cup Sugar
1/4 teaspoon Salt
3 cups Milk, scalded
½ to 3/4 cup shredded Coconut
9-inch deep dish Pie Crust, baked
7 tablespoons Flour
2 Eggs
1 teaspoon Vanilla Extract
½ cup heavy Cream, whipped

In medium bowl, mix together sugar, flour, salt and eggs. Slowly add sugar mixture to scalded milk, stirring constantly over ow heat until it begins to boil. Reduce heat to a simmer, continue to stir and cook 2 to 3 minutes. Remove from heat, add vanilla. Cool to room temperature. Fold in coconut; pour the filling into shell. Top with whipped cream and sprinkle with additional toasted coconut. Chill. Serves 6.

Creamy Lemon Cheese Pie

By: Twila Presley

8-oz pkg Cream Cheese
8-oz frozen Whipped Topping, thawed
6-oz can frozen Lemonade concentrate, defrosted
1 Graham Cracker Pie Crust

Allow cream cheese to stand at room temperature until softened. In bowl, beat cream cheese until fluffy; beat in lemonade concentrate until smooth. Fold in whipped topping and turn mixture into pie crust. Place in freezer and allow at least 3 to 4 hours before serving.

Creamy Lemon Pie

By: Jennifer Presley Breland

1-3/4 cups cold Milk
2 4-oz. pkg Instant Pudding & Pie Filling
1 Graham Cracker Crumb Crust
1 6-oz frozen Lemonade Concentrate, thawed
1 8-oz. Cool Whip, thawed

Pour milk into large bowl. Add pudding mixes. Beat with whisk 30 seconds. Add lemonade concentrate. Beat with wire whisk 30 seconds. (Mixture will be thick.) Immediately stir in whipped topping. Spoon into crust. Refrigerate 4 hours or until set. Garnish with lemon slices, if desired. Store leftover pie in refrigerator. Makes 8 servings.

Double Layer Key Lime Pie

4-oz Cream Cheese, softened*
1 tablespoon Sugar
1 8-oz Cool Whip Topping, thawed
2 cups cold Milk
2 4-oz pkgs Vanilla Instant Pudding & Pie filling
1 tablespoon Milk
2 teaspoon Lime Juice
1 Graham Cracker Pie Crust
2 teaspoon grated Lime Peel

Mix cream cheese, 1 tablespoon milk, sugar and lime juice in a large bowl with wire whisk until smooth. Gently stir in 1-1/2 cups of the whipped topping. Spread on bottom of crust. Pour 2 cups milk into a large bowl; add Pudding mixes and lime peel. Beat with wire whisk for 1 minute. (Mixture will be thick.) Immediately stir in remaining whipped topping. Spread over cream cheese layer. Refrigerate 4 hours or until set. Garnish with additional whipped topping and lime slices, if desired. Store leftover pie in refrigerator. Makes 8 serving. *Helpful Hint: Soften cream cheese in microwave on High 15 to 20 seconds.

Deluxe Pecan Pie

By: Dorothy Carr

1 stick or ½ packet of Pie Crust mix
½ cup Whipping Cream
1 teaspoon Vanilla
1/4 cup Brandy
2 tablespoon Butter or Margarine, melted
2 tablespoon chopped Nuts
3 Eggs
1 cup Sugar
½ teaspoon Salt
1 cup Pecan Halves

Heat oven to 375 degrees. Prepare pastry for 9-inch One-crust pie as directed on package except--stir in chopped nuts before adding water. In small mixer bowl, beat eggs, sugar, salt, butter, syrup and cream. Stir in vanilla, brandy and pecans. Pour into pastry-lined pie pan. Bake 40 to 50 minutes or until filling is set and pastry is golden brown. Cool . Serves 10 to 12.

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The ornaments of a house are the friends who frequent it.

Ralph Waldo Emerson

* *

DUTCH APPLE PIE

By: Twila Presley

1 Graham Cracker Pie Crust
1 large Egg yoke, slightly beaten
1/4 cup light Brown Sugar, firmly packed
1/4 teaspoon Salt
1/4 teaspoon ground Nutmeg
1/3 cup Butter or Margarine, at room temperature
5-1/2 cups sliced, cored, peeled Cooking Apples
1 tablespoon Lemon Juice*
½ cup Sugar
3 tablespoons all-purpose Flour
½ teaspoon ground Cinnamon
3/4 cup all-purpose Flour
* Omit lemon juice if apples are very tart.

Preheat oven to 375 degrees. Brush bottom and sides of crust evenly with egg yolk; bake on baking sheet until light brown, about 5 minutes. Remove crust from oven. Combine sliced apples, lemon juice, ½ cup sugar, 1/4 cup brown, 3 tablespoons flour, salt, cinnamon and nutmeg. Mix remaining flour, sugar, brown sugar and butter with fork or pastry blender until crumbly. Sprinkle topping mixture evenly over apples. Bake on baking sheet until topping is golden and filling is bubbling, about 50 minutes. Cool on wire rack. Serve at room temperature, serves 8.

FRENCH APPLE PIE

1 unbaked Pie Crust
1/4 cup all-purpose Flour
1/4 teaspoon ground Cinnamon
3/4 cup Sugar
½ teaspoon ground Nutmeg
Pinch of Salt
6 cups thinly sliced tart baking Apples, pared (approx. 6 med. Apples)

Bake pie crust, according to directions. Preheat oven to 450. Mix sugar, flour, nutmeg, cinnamon and salt into bowl. Stir in apples. Pour ingredients into pie plate.

Top with Crumb Topping:

Mix **1 cup all-purpose flour** with **½ cup firm margarine**. Add **½ cup compressed brown sugar** and gently mix until crumbly. NOTE; Cover pie with aluminum foil for the final 10 minutes of baking. Bake for 50 minutes. Pie tastes best served warm.

FRESH BLACKBERRY PIE

1 pkg of 2 Pie Crusts, not in a pan
2 pints fresh Blackberries
1/4 cup all-purpose Flour
1/8 teaspoon ground nutmeg
2 tablespoons Butter or Margarine
1 tablespoon Lemon Juice
1 cup Sugar
1/4 teaspoon ground cinnamon
1 tablespoon Milk
1 tablespoon Sugar

Take both pie shells and unfold to make flat. Use 1 pie crust to line 9-inch pie plate. Preheat oven to 400 degrees. Gently wash berries; drain well. Place in large bowl; sprinkle with lemon juice. Combine 1 cup sugar, flour, cinnamon and nutmeg. Add to berries; toss lightly to combine. Turn into pastry-lined pie plate. Mounding in center; dot with butter. Take other pie crust over the center. Cut a 2-inch cross in the center; fold back each corner for steam vent. Fold the top crust under the bottom crust; press together. Crimp edge decoratively. Brush with milk; sprinkle with sugar. Bake 40 to 45 minutes, or until juice bubbles through steam vent and crust is golden-brown. Remove to wire rack; cool at least 1 hour. Serves 8. Fresh blueberries or raspberries may be substituted for blackberries.

Friendship is the fruit of

those who sow kindness.

* *

FRESH BLUEBERRY COBBLER

By: Becky Harelson

½ cup Sugar
1 tablespoon Cornstarch
4 cups Blueberries
1 teaspoon Lemon Juice
1 cup Flour*
1 tablespoon Sugar
1-1/2 teaspoon Baking Powder
½ teaspoon Salt
3 tablespoon Shortening
½ cup milk

Heat oven to 400 degrees. Blend ½ cup sugar and the cornstarch in medium saucepan. Stir in blueberries and lemon juice. Cook, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute. Pour into ungreased 2-quart casserole; place in oven while preparing biscuit topping. Measure flour, 1 tablespoon sugar, the baking powder and salt into bowl. Add shortening and milk. Cut through shortening 6 times. Mix until dough forms a ball. Drop dough by tablespoonfuls onto hot fruit.. Bake uncovered 25 to 30 minutes or until biscuit topping is golden brown. Serve warm. Serves 6. *If using self-rising flour, omit baking powder and salt.

Fresh Blueberry Topped Cheesecake Pie

6-oz Cream Cheese, softened
1 Egg
1-1/2 teaspoons Cornstarch
1-1/2 cups Blueberries, washed and drained
1/3 cup + 3 tablespoons Sugar
1 Pie Crust Shell
1/4 cup Water

Preheat oven and baking sheet to 350 degrees. In a bowl, beat cream cheese, 1/3 cup sugar and eggs until smooth and well blended. Pour into pie crust and bake 20 minutes or until filling is firm. In a small saucepan, combine remaining sugar and cornstarch. Add water, stirring until smooth. Cook and stir over medium heat until thickened and bubbly; remove from heat and stir in blueberries. Spread blueberry mixture evenly over warm filling. Refrigerate 3 hours or until ready to serve. Serves 6.

Fresh Fruit Cheese Pie

1 9-inch baked Pastry Shell
1/3 cup Lemon Juice, concentrate
8-oz pkg Cream Cheese, softened
White Corn Syrup, optional
1 can Eagle Brand Milk
1 teaspoon Vanilla Extract
Fresh Fruit

In large mixer bowl, beat cheese until fluffy. Gradually beat in Eagle Brand until smooth. Stir in lemon juice and vanilla. Pour into prepared pastry shell. Chill 3 hours or until set. Arrange fruit on top of pie. Just before serving, brush with corn syrup if desired. Refrigerate leftovers. **TIP:** If bananas are used, dip in additional lemon juice and drain before arrange on pie.

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Every house where love abides
and friendship is a guest is surely
home, sweet home; for
there the heart can rest.

Henry van Dyke

* *

FRESH STRAWBERRY CHEESECAKE PIE

1 Deep Dish Pie Shell
1 tablespoon Sugar
Whipped Topping
1-1/2 quarts Fresh Strawberries, washed, hulled and halved
8 oz. Cream Cheese, softened
½ cup Sugar
4 tablespoons Cornstarch

Prepare pie crust according to package directions; cool. In a small bowl, combine cream cheese and sugar. Beat until smooth; spread into bottom of cooled crust. Puree half of the strawberries. In a 2-quart saucepan, combine pureed strawberries, remaining sugar and cornstarch. Cook and stir over medium-low heat until mixture thickens and becomes clear, about 7 to 10 minutes; remove from heat. Stir in remaining strawberries. Let cool 10 minutes, pour into baked crust. Refrigerate at least 3 hours; serve with whipped topping.

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Friendship is that by which
the world is most blessed
and receives most good.
Jeremy Taylor

* *

FRESH STRAWBERRY PIE

By: JoAnn Black

3/4 cup Sugar
3 tablespoons Cornstarch
½ teaspoon Red Food Coloring
1-1/2 pints sliced Strawberries
1 cup boiling Water
1 tablespoon Lemon Juice
2 tablespoons Water
Whipped Cream
pinch of Salt
Pie Shell, pre-baked

Make a paste of sugar, cornstarch, 2 tablespoons water and salt. Heat 1 cup water to boiling and stir slowly into paste. Cook until clear and thick. Remove from heat. Add lemon juice, red food coloring and strawberries. Turn into a pre-baked pie shell. Chill. Serve with whipped cream.

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Friendship! Mysterious cement of
the Soul! Sweetener of Life!
Robert Blair

* *

FRESH STRAWBERRY PIE

By: Sedelia Niemann

1 stick or ½ pkg. Pie Crust Mix
6 cups Strawberries (about 1-1/2 quart)
1 cup Sugar
1 3-oz. pkg. Cream Cheese, softened
3 tablespoons Cornstarch
½ cup Water
Red food color

Prepare 9-inch Baked Pie Shell as directed on package. Cool. Mash enough berries to measure 1 cup. Stir together sugar and cornstarch. Gradually stir in water and crushed berries. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute. Stir in few drops red food color; cool. Beat cream cheese until smooth; spread on bottom of cooled baked pie shell. Fill shell with remaining berries; pour berry mixture over top. Chill at least 3 hours or until set.
Fresh Raspberry Pie: Substitute 6 cups raspberries for the strawberries.
Fresh Peach Pie: Substitute 5 cups sliced peaches (7 medium) for the strawberries. To prevent peaches from darkening, use a granulated ascorbic acid mixture as directed on package.

FRESH TOMATO TART

Basic Pastry dough
8-oz Mozzarella Cheese, shredded
2 tablespoons chopped fresh Basil
1/4 teaspoon Salt
4-5 Tomatoes, in 1/2" slices
1/4 teaspoon Pepper
1/4 cup extra Virgin Olive Oil

Preheat oven to 400 degrees. Line 10" loose-bottom tart pan with pastry dough. Spread bottom of pastry with cheese and sprinkle with basil. Cover with tomato slices, arranging to cover as evenly as possible. Sprinkle tomatoes with salt and pepper and drizzle with olive oil. Bake 30 to 40 minutes. Garnish with fresh chopped basil. Slice in wedges and serve warm or at room temperature.

FRUIT COCKTAIL PIE

By: Wanda Wilson

1 can Eagle Brand Milk
1/3 cup Lemon Juice*
2 Graham Cracker Crust
1 can Fruit Cocktail, drained
1 medium bowl Cool Whip

*Reconstituted juice may be substituted
mix all ingredients with mixer. Pour into graham cracker crusts and chill in refrigerator for several hours or until firm.

FRUIT PLATTER PIE

By: Dorothy Carr

2 stick or 1 pkg of Pie Crust Mix
1-1/2 cups seedless Green Grapes
1 medium Banana, peeled and cut into 1/4-inch slices.
1 pint Strawberries (reserve 6 whole berries), halved
1 20-1/2-oz. can Pineapple Spears, drained
Clear Orange Sauce (below)

Prepare pastry for Two-crust Pie as directed on package except-roll dough 1 inch larger than 14-inch pizza pan. Ease into pan; flute edges. Prick bottom and side of pastry. Bake 8 to 10 minutes. Cool. Prepare Clear Orange Sauce. Arrange fruits in concentric circles in baked pastry shell, beginning with strawberry halves around edge. Place reserved berries in center; sprinkle fruits with sugar. Spoon some of the orange sauce over fruits. Cut pie into wedges; serve with remaining sauce. Serves 12 to 14.
Clear Orange Sauce: Mix 1 cup sugar, 1/4 teaspoon salt and 2 tablespoons cornstarch. Stir in 1 cup orange juice, 1/4 cup lemon juice and 3/4 cup water. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute. Remove from heat. Stir in ½ teaspoon each grated orange and lemon peel. Cool.

FUDGE PIE

By: Lena Hightower

½ stick of Butter or Margarine
1-1/2 cups Sugar
1 small can Evaporated Milk
Pie Shell
3 tablespoon Cocoa
2 whole Eggs
1 teaspoon Vanilla

Mix together. Pour into un-baked pie shell. Bake at 350 degrees until done.

FUDGY MOCHA BROWNIES WITH A CRUST

1-1/4 cups unsifted Flour
½ cup cold Margarine or Butter
½ cup unsweetened Cocoa
1 teaspoon Vanilla Extract
3/4 cup chopped Nuts
1 teaspoon instant Coffee dissolved in 1 tablespoon Hot Water
1/4 cup Sugar
1 can Eagle Brand Milk
1 Egg
½ teaspoon Baking Powder

Preheat oven to 350 degrees. In bowl, combine 1 cup flour and sugar. Cut in margarine until crumbly. Press firmly on bottom of 13x9-inch baking pan. Bake 15 minutes. Meanwhile, in large mixer bowl, combine sweetened condensed milk, cocoa, egg, remaining 1/4 cup flour, coffee, vanilla and baking powder; mix well. Stir in nuts. Spread over prepared crust. Bake 20 minutes or until center is set. Cool. Frost if desired. Store tightly covered at room temperature. Makes 36.

GERMAN CHOCOLATE PIE

By: JoAnn Black

1 4-oz pkg German Sweet Chocolate
1/4 cup Margarine
1 14-oz can Evaporated Milk
1-1/2 cups Sugar
1/8 teaspoon Salt
2 Eggs
3 tablespoons Cornstarch
1 teaspoon Vanilla
1-1/2 cups Coconut, flaked
½ cup Pecans, chopped
1 9-inch Pie Shell, unbaked

Melt chocolate and margarine. Remove from heat and blend in milk. Mix sugar, salt and cornstarch. Beat in eggs and vanilla. Slowly add chocolate and milk. Stir in nuts and coconut, reserving 1/4 cup coconut for garnish. Pour into pie shell. Sprinkle with coconut. Bake in a 375 degree oven for 40 minutes. Remove from oven and cover loosely with aluminum foil. Return to oven and bake about 20 minutes longer until top is puffed and cracked in the center. Cool before cutting.

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Accepting God's love enables us to love others.

Janetti Oke

JAPANESE FRUIT PIE

By: Catherine Gregory

1 stick Margarine or Butter
1 cup Sugar
3/4 cup Pecan pieces
1 tablespoon Vinegar
2 Eggs
3/4 cup Coconut
3/4 cup raisins
Pie Shell

Melt margarine, add eggs and beat. Add sugar and mix well. Add other ingredients. Bake in unbaked pie shell at 350 degrees for 45 minutes.

LEMON CHIFFON PIE

1 unbaked Pie Crust
3/4 cup Sugar
½ cup Water
1 teaspoon grated Lemon Peel
1 pkg unflavored Gelatin
4 Eggs, separated
½ cup Lemon Juice
2-3 drops yellow Food coloring

Bake crust according to directions on package. Mix gelatin with ½ cup sugar in saucepan. Blend in egg yolks beaten with water and lemon juice. Stir for 1 minute. Stir constantly while heating until gelatin dissolves. Add lemon peel and food coloring. Chill, stirring occasionally, until ingredients mound slightly when dropped from spoon. Beat egg whites until foamy; add remaining 1/4 cup sugar and beat until stiff, but not dry. Food into gelatin mixture. Spoon into crust. Chill 3 to 4 hours.

NEARLY AS GOOD AS ANY YOU'VE EVER HAD PIE

By: Doris Presley

½ cup Nuts, chopped
1 stick Margarine
8-oz Cream Cheese
1 4-oz pkg Vanilla Instant Pudding
1 4-oz pkg Chocolate Instant Pudding
1 teaspoon Vanilla
1 cup Flour
1 4-oz Cool Whip
1 cup Powdered Sugar
Hershey Bars, grated
3 cups Milk
Cool Whip

Mix well; nuts, flour and margarine. Press in 9x13 pan, Bake at 325 degrees for 20 minutes. Blend and spread over crust; cool whip, cream cheese, powdered sugar. Mix well, chocolate and vanilla pudding. Add with milk and vanilla and blend well. Spread over first two layers. Top with Cool Whip. Garnish with grated Hershey bars.

Old-Fashioned Chess Pie

By: JoAnn Black

1-1/2 cups granulated Sugar
1 tablespoon Corn Meal
½ cup Margarine, melted
1 teaspoon Vanilla
½ cup whole Milk
3 Eggs, beaten
1 teaspoon Vinegar
9-inch Pie Shell

In a medium mixing bowl, combine all ingredients, stir well. Pour into an unbaked 9-inch pie shell. Bake in a 400 degree oven for 10 minutes, then lower temperature to 325 degrees and continue to bake for 45 minutes. Serves 6 to 8.

Old-Fashioned Pumpkin Pie

By: Grady Rollins

1 stick or ½ pk of Pie Crust Mix
2 Eggs
1 16-oz can Pumpkin
3/4 cup Sugar
1 13-oz Evaporated Milk or 1-2/3 cups light cream
1 teaspoon Cinnamon
½ teaspoon Ginger
1/4 teaspoon Cloves
½ teaspoon Salt

Heat oven to 425 degrees. Prepare pastry for 9-inch one-crust pie as directed on package. Beat eggs slightly with rotary beater; beat in remaining ingredients. Pour into pastry-lined pie pan. Bake 15 minutes. Reduce oven temperature to 350 degrees. Bake 45 minutes longer or until knife inserted between center and edge comes out clean. Cool. Serve with Honey-Ginger Cream (see below).

Honey-Ginger Cream: In chilled bowl, beat 2 cups chilled whipping cream until stiff, gradually adding 1/4 cup honey and ½ teaspoon ginger. Chill 1 to 2 hours before serving. Makes 4 cups

Sweet Potato Pie: Substitute mashed cooked sweet potato for the pumpkin.

One Cup Peach Pie

Macon County, TN Historical Society Paper

1 stick of Margarine
1 cup Sugar
1 lg can Peaches, drained
1 cup Flour
½ cup Milk

Melt butter in baking dish. Add all other ingredients. Swish with spoon. Bake at 400 degrees until browned.

Pecan Crumb Apple Pie

By: Sarah Truitt

2/3 cup Sugar
3/4 teaspoon ground Cinnamon
6 cups Apples, peeled & thinly sliced
1/4 cup Flour
1/4 teaspoon ground Nutmeg
1 Deep Dish Pie Crust, frozen

In large bowl, toss together sugar, flour, cinnamon, nutmeg and apples. Spoon into frozen crust.
Crumb Topping: Combine 1/2 cup Brown Sugar and ½ cup Flour; cut in 1/3 cup butter. Stir in 1/3 cup pecans. Sprinkle over apples.
Bake in preheated 400 degree oven on preheated baking sheet 40 to 50 minutes. Serves 8.

Pecan Pie

By: Judy Rollins

7 tablespoon Margarine, melted & cooled
1/3 cup Heavy Cream
Pinch Salt
½ cup firmly packed light Brown Sugar
8-inch Graham Cracker Crust
2 Eggs
1/3 cup dark Corn Syrup
1/4 teaspoon Cinnamon
1 cup Pecans
1 cup Heavy Cream, whipped

Preheat oven to 350 degrees. In mixing bowl, combine margarine, eggs, 1/3 cup heavy cream, corn syrup, salt, cinnamon and brown sugar, mix well. Add pecans, stir. Pour mixture into crust, place pie on baking sheet, bake for 30 minutes or until top of pie is brown and puffy. Be sure to watch carefully to prevent burning. Filling will set as it cools. Serve with whipped cream. Serves 6.

Pecan Pie

By: JoAnn Black

1-1/3 cups Butter
3 medium Eggs
1-1/4 cups Sugar
1 teaspoon Vanilla
1 cup Pecans

Beat eggs well, and set aside. In a medium sauce pan, melt butter, remove from heat. Add syrup and sugar to melted butter and beat well with mixer. Add beaten eggs, and vanilla, blending well. Stir in pecans. Pour into an unbaked pie shell. Bake in a preheated 425 degree oven for 10 minutes, then reduce heat to 350 degrees and continue baking for 35 to 40 minutes. Serves 6 to 8.

PEPPER CUSTARD PIE

Crust:
1 9-oz pkg chocolate vanilla wafers, crushed
½ cup unsalted Margarine, melted
1/3 cup Sugar

White Chocolate Filling:
8-oz.. White Chocolate, finely chopped
3/4 cup Heavy cream, scalded

Pepper Jelly Custard Filling:
4 lg. Eggs Yolks
2 tablespoons Sugar
1/8 teaspoon Salt
1 pkg unflavored Gelatin
1 cup Milk, scalded
½ cup Green Hot Pepper Jelly

Final Assembly:
1-1/2 tablespoons powdered Sugar
½ pint heavy cream
½-oz semi-sweet Chocolate, shaved
1/8 teaspoon salt

To make crust, preheat oven to 325 degrees. Mix crushed wafers, sugar and margarine. Press into 9" pie pan, bake 8 minutes, and cool.
For the filling, place chopped white chocolate in heat-proof bowl. Pour hot heavy cream over white chocolate and beat until melted. Allow to cool, stirring occasionally. When evenly cooled, beat to consistency of soft whipped cream and reserve. For the custard filling, beat egg yolks with sugar and salt. Dissolve gelatin in hot milk and whisk into egg yolks. Cook mixture until thickened, whisking constantly over low heat, being careful not to boil. Cool slightly, then add hot pepper jelly and stir until dissolved. Cover custard mixture with plastic wrap and cool to a consistency similar to white chocolate mixture. To assemble pie, fold custard mixture and white chocolate mixture together. Pour into prepared pie shell and chill. Combine heavy cream, powdered sugar and salt and whip until stiff. Spread whipped cream over chilled pie and sprinkle with chocolate shavings.

PINEAPPLE PIE

1 20-oz can Pineapple Chucks
2 lb. Pippin Apples, peeled, cored, sliced
1-1/2 teaspoon grated Lemon Peel
½ teaspoon ground Cinnamon
2 9-inch flat Pie Crusts
1 tablespoon Lemon Juice
3/4 cup Sugar
1/3 cup Flour
1/4 teaspoon ground Nutmeg
2 tablespoons Margarine

Combine drained pineapple, apples, lemon juice and peel. Combine sugar, flour, cinnamon and nutmeg. Stir into fruit until well mixed. Spoon into pie crust. Dot with butter. Cover with top crust. Make 6 slits in crust. Bake in 450 degree oven for 10 minutes. Reduce heat to 350 degrees; bake 50 minutes longer. Serves 6.

PUMPKIN PIE

By: Granny Wilkinson

1 9-inch Pie Crust, unbaked
2 eggs, lightly beaten
½ teaspoon Salt
½ teaspoon ground Ginger
12-oz can Evaporated Milk
16-oz can Pumpkin Pie filling
3/4 cup granulated Sugar
1 teaspoon ground Cinnamon
1/4 teaspoon ground Nutmeg

Preheat oven to 425 degrees. Combine pumpkin pie filling, eggs, sugar, salt, cinnamon, ginger, nutmeg and evaporated milk. Pour into pie crust. Bake at 425 degrees for 15 minutes. Reduce temperature to 350 degrees for 40-50 minutes or until knife inserted near center comes out clean. Cool. Garnish with whipped topping, if desired. TIP: cover edge of crust with strips of foil after 15 to 20 minutes of baking to prevent excessive browning.

REFRIGERATOR LEMON PIE

By: JoAnn Black

1 large carton Cool Whip
1 can Eagle Brand Milk
1 small can of frozen Lemonade concentrate, thawed (DO NOT DILUTE)
1 8 or 9-inch Pie Shell or Graham Cracker Crust

Bake a pie shell. Combine 2 cups Cool Whip with Eagle Brand milk and lemonade. Pour into cooled pie shell and refrigerate for several hours or several days. Garnish with more Cool Whip, if desired. This can also be used with tart shells.

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Life is made up, not of great sacrifices or duties, but of little things, in which smile and kindness and small obligations, given habitually, are what win and preserve the heart, and secure comfort.

Sir Humphry Davy

* *

Snow White Mousse Pie

2 cups chilled Whipping Cream, divided
1 cup White Vanilla Milk Chips
2 Egg Whites, at room temperature
21-oz can Cherry Pie Filling, chilled
1 envelope unflavored Gelatin
2 tablespoons Sugar
8-inch Chocolate Crumb Crust

In large microwave-safe bowl place 1 cup whipping cream; stir in gelatin. Allow to soften at least 5 minutes; stir in vanilla milk chips. Microwave at HIGH 1 to 1-1/2 minutes or until chips are melted and mixture is smooth when stirred. (Stir with wire whisk, if needed, to melt chips completely.) Chill 15 minutes or just until mixture is lukewarm. In small mixer bowl beat egg whites until foamy; gradually beat in sugar until stiff peaks form. Fold into vanilla mixture. In small mixer bowl beat remaining 1 cup chilled whipping cream until stiff; fold into vanilla mixture. Pour into crust. Cover; chill until firm. Just before serving, cover top of pie with chilled cherry pie filling.

Walnut Pie

By: Laura Parker

9-inch unbaked Pie Shell, chilled
½ cup Butter or Margarine, soft
4 Eggs, well beaten
1/4 cup light Corn Syrup
1-1/2 cup Walnuts, chopped
½ cup Brown Sugar
3/8 cup White Sugar
1/4 teaspoon Salt
½ cup Heavy Cream
1 teaspoon Vanilla

In top of large double boiler, combine margarine with both sugars; cream this until fluffy. Stir in eggs, salt, corn syrup and cream. Place over boiling water, cook for 5 minutes, stirring constantly. Add walnuts and vanilla. Pour into pastry lined pie pan. Bake in an 350 degree oven for 1 hour. Cool. Top with a ring of whipped cream studded with walnut halves.

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A friend loveth at all times.

Proverbs 17:17 KJV

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WALNUT PUMPKIN PIE

1 6-oz. Graham Cracker Pie Crust
1 14-oz can Eagle Brand
1-1/4 teaspoons ground Cinnamon
½ teaspoon ground Nutmeg
1/4 cup packed Brown Sugar
2 tablespoons cold Margarine or Butter
1 15-oz. can Pumpkin
1 Egg
½ teaspoon ground Ginger
½ teaspoon Salt
2 tablespoons all-purpose Flour
3/4 cup chopped Walnuts

Heat oven to 425 degrees. In mixing bowl, combine pumpkin, sweetened condensed milk, egg, 3/4 teaspoon cinnamon, ginger, nutmeg and salt; mix well. Turn into pie crust. Bake 15 minutes; remove pie. Reduce oven temperature to 350 degrees. In small bowl, combine sugar, flour and remaining ½ teaspoon cinnamon; cut in margarine until crumbly. Stir in walnuts, sprinkle walnut mixture evenly over pie. Bake 40 minutes or until knife inserted 1 inch from edge comes out clean. Cool. Garnish as desired/ Refrigerate leftovers. Makes 8 servings.

ZESTY LEMON RASPBERRY SWIRL PIE

3/4 cup boiling Water
8-oz container Lemon Yogurt
1 cup Cool Whip, thawed
2 tablespoons Raspberry Preserves, heated
1 prepared 9-inch Graham Cracker Crumb Crust
1 4-serving pkg Lemon Jell-o
½ cup Miracle Whip Salad Dressing

Stir boiling water into gelatin in medium bowl until dissolved. Refrigerate until slightly thickened; stirring frequently. Mix yogurt and salad dressing in large bowl with wire whisk until smooth. Add thickened gelatin, stirring until smooth. Gently stir in whipped topping. Pour into crust. Refrigerate several hours or until firm. Drizzle preserves over pie immediately before serving. Makes 8 servings.

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Everyone was meant to share
god's all-abiding love and care;
He saw that we would need to know
A way to let these feelings show....
So god made bugs.
Jill Wolf

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POULTRY
&
FISH

FAVORITE RECIPES

FROM MY COOKBOOK

Recipe Name	Page Number

Baked Chicken Breast

By: Jill Cook

1 cup quick cooking Rice
1 can Cream of Mushroom Soup
4 Chicken breast, halves
1 soup can Water

Combine rice, soup and water. Pour into baking dish. Place chicken on top and sprinkle with desired seasoning. I like salt, pepper and paprika or sage. Bake at 350 degrees for about 45 minutes or until chicken is done.

Chicken and Rice Bake

By: Linda Stein

1 can Cream of Mushroom Soup
3/4 cup uncooked long-grain Rice
1/4 teaspoon Pepper
4 skinless, boneless Chicken Breast, halves
1 cup Water
1/4 teaspoon Paprika

In 2-quart shallow baking dish mix soup, water, rice, paprika and pepper. Place chicken on rice mixture. Sprinkle with additional paprika and pepper. Cover; bake at 375 degrees for 45 minutes or until done. Serves. 4

Chicken Breasts with Rice

By: Joyce Loveless

4-6 Chicken Breast, halves
1 can Cream of Chicken Soup
1 envelope Onion Soup Mix
1 cup raw rice
1 can Chicken Broth

Place all ingredients except chicken in a large casserole and mix. Top with chicken breasts and bake at 350 degrees for 1-1/2 hours.

CHICKEN-BROCCOLI PIE

Heat oven to 400 degrees
3/4 cup Bisquick Baking Mix
1-1/2 cups cut-up cooked Chicken
3 cups or 12-oz Cheddar Cheese, shredded
1/8 teaspoon dried Thyme Leaves
1 10-oz pkg frozen chopped Broccoli, thawed and drained
1-1/3 cups Milk
3 Eggs
1/4 teaspoon Pepper

Mix 2 cups of the cheese, chicken, onion and broccoli in greased pie plate 10x1-1/2-inch. Beat remaining ingredients except cheese with wire whisk or hand beater until almost smooth, about 1 minute. Pour into pie plate. Bake until knife inserted in center comes out clean, 25 to 35 minutes. Top with remaining cheese. Bake just until cheese is melted, 1 to 2 minutes. Cool 5 minutes. Serves 6 to 8.

CHICKEN AND DUMPLINGS

By: Jeanette Weaver

1 4-5 lb. Stewing Hen
1 tablespoon Onion Powder (optional)
2 tablespoons Garlic Powder
2 tablespoons salt
3 quarts Water

In a large (4-quart) pan place all ingredients above. Heat to boiling; then reduce heat. Cover and simmer 4 hours or until chicken is tender. Remove chicken from broth. Discard skin and bones. Cut chicken in bit size pieces. Set cut-up chicken aside to be added after the dumplings are put into the broth.

Dumplings:

3 cups sifted all-purpose Flour
2/3 cup + 1 tablespoon Hot Water
½ teaspoon Salt
½ cup Shortening

To make dumplings, combine in a large bowl; flour and salt. Cut in shortening until it resembles cornmeal. Add water, a little at a time, until the dough adheres together. Shape in 4 balls. Roll one piece at a time on a floured board to 1/8-inch thickness. Heat broth to boiling. Drop in dumplings. Stir. Reduce heat and simmer about 20 minutes. Add cut chicken. Makes 6 to 8 generous servings.

CHICKEN BREASTS SUPREME

By: Patti Hallberg

4 Chicken Breasts, deboned & skinned
1 can Mushroom Soup
Chipped Beef (optional)
1 small carton Sour Cream
4 slices Bacon

Line pan with chipped beef. Wrap bacon around breasts. Pour sour cream and soup (mixed and heated) over all. Bake at 275 degrees for 2 hours.

CHICKEN-RICE CASSEROLE

By: Pat Albonetti

1 cup uncooked Rice
1 small pkg Onion Soup Mix (dry)
4 Chicken Breasts
1 can Cream of Chicken Soup
2 cups Water

Boil chicken breasts until done, then bone and break into pieces. Mix well the balance of ingredients together. Pour into baking dish. Arrange chicken pieces on top of the mixture. Cover tightly. Bake 45 minutes at 325 degrees.

CONTADINA COUNTRY ITALIAN CHICKEN DINNER

By: Twila Presley

1 tablespoon Oil
2-lbs. Chicken parts
1/3 cup Chicken Broth
8-oz Spaghetti, cooked, drained and kept warm
2 cups or 1-lb-1-oz can Italian Cooking Sauce
1 tablespoon chopped fresh Oregano or 1 teaspoon dried Oregano, crushed

Heat oil in large skillet over medium-high heat. Add chicken; cook for 4 to 5 minutes on each side or until golden brown. Drain. Add broth, cooking sauce and oregano; bring to a boil. Reduce heat to low; cook, covered, for 40 to 50 minutes or until chicken is tender and no longer pink in center. Serve over pasta. Serves 4 to 5.

The friend who is really worth having
is the one who will listen to
your deepest hurts and feel
they are hers too.

Country Herb Roasted Chicken

By: Sedelia Niemann

2-1/2 to 3-lb Chicken, cut into serving pieces
1 tablespoon Olive or Vegetable Oil
2 tablespoons Water
1 pkg Herb w/Garlic Soup Mix

Preheat oven to 375 degrees. In 13x9-inch baking pan, arrange chicken. In small bowl, combine remaining ingredients; brush on chicken. Bake 45 minutes or until chicken is done. Serves 4.

Easy Chicken Pot Pie

1 cup cut-up cooked Chicken
½ cup Milk
1-2/3 cups frozen mixed Vegetables, thawed
1 10-3/4-oz can Cream of Chicken Soup
1 cup Bisquick Baking Mix
1 Egg

Heat oven to 400 degrees. Mix vegetables, chicken and soup in ungreased 9-inch pie plate. Stir remaining ingredients in a bowl using a fork until blended. Pour into pie plate. Bake 30 minutes or until golden brown. Serves 6.

Golden Baked Chicken

By: Dorothy Carr

2 Chicken Breasts, halved
4 teaspoons soft Butter or Margarine
1 to 2 tablespoons instant minced Onion
½ teaspoon Garlic Salt
1/4 teaspoon Paprika
2 tablespoons snipped Parsley

Heat oven to 425 degrees. Remove skin from chicken; place chicken in ungreased baking pan, 8x8x2 or 9x9x2-inches. Spread 1 teaspoon butter on each piece; sprinkle with onion, garlic salt and paprika. Bake uncovered 30 to 35 minutes or until tender. Sprinkle with parsley. Serves 4.

Italian Chicken

By: Jo Ann Black

4 to 6 pieces of Chicken
1 14-oz bottle Italian Salad Dressing
1 cup uncooked Rice
1 can Beef Consomme

Put rice in the bottom of a medium casserole dish. Dip chicken (with or without skin) and place on top of rice. Pour consomme on top of chicken and bake in 350 degree oven for 1-1/2 hours. Serves 4 to 6.

Italian-Style Chicken

8-oz. Can whole Onions, drained
8 large pieces frying Chicken
1 teaspoon Salt
1 tablespoon Tomato Paste
2 cups Mushrooms, sliced
1 clove Garlic, crushed
1/4 cup Oil
1-lb. Can Tomatoes
½ cup dry Sherry
½ Bay Leaf

Brown chicken slowly in oil. Sprinkle with salt. Add remaining ingredients except onion. Cover and simmer 30-45 minutes until chicken is tender. Uncover and add onions. Simmer rapidly about 5 minutes or until sauce is thickened. Serves 6.

Light and Zesty Chicken 'N Rice

By: Becky Harelson

4 Chicken Breast, Halves
½ cup bottled Italian Salad Dressing
2/3 cup uncooked Rice
1 16-oz bag frozen Broccoli, Carrots, Water Chestnuts and Red Pepper combination
1 can French Fried Onions
1-3/4 cups Chicken Bouillon
½ teaspoon Italian Seasoning

Place chicken breasts in 8x12-inch baking dish. Pour salad dressing over chicken. Bake, uncovered at 40 degrees for 20 minutes. Place rice, vegetables and ½ can french fried onions around and under chicken. Combine bouillon and Italian seasoning; pour over chicken and vegetables. Bake, uncovered, 25 minutes. Top with remaining onions; preparation time: 7 minutes. Serves 4.

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The best friendships have all weathered misunderstandings and trying times. One of the secrets of a good relationship is the ability to accept the storms.

Alan Loy McGinnis

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Omaha Oven Fried Chicken

By: Grady Rollins

1 3-1/2 lb. Chicken, cut into serving pieces
2 teaspoon Hot Pepper Sauce
½ cup Bran Flakes, crushed
½ teaspoon Salt
½ teaspoon ground All-Spice
½ (1 stick) Butter or Margarine, melted
1-1/2 cup Milk
2 teaspoon Soy Sauce
1/4 cup all-purpose Flour
1/4 teaspoon Black Pepper
½ cup Water

Place chicken in a shallow glass or ceramic dish. Combine milk, hot pepper sauce, and soy sauce in a bowl. Pour over the chicken. Let stand, covered, turning once, for 3 hours. Preheat oven to 375 degrees. Drain the chicken and pat dry. Combine bran flakes, flour, salt, black pepper and all-spices in a paper bag. Place the chicken pieces, a few at a time in the bag and shake to coat evenly with bran flake mixture. Place the coated chicken, skin side down, on an oiled rack inside a roasting pan. Bake 5 minutes. Meanwhile, melt butter with water in a small saucepan. Baste the chicken with the butter mixture. Continue to bake the chicken, basting every 5 minutes, for 25 minutes. Turn the chicken over and continue to bake, baste every 5 minutes for 25 minutes until crisp and juices run yellow when pricked with a fork. Total basting and cooking time approx. 1 hour.

Oven-Baked Chicken

1 tablespoon Margarine or Butter
1-1/2 teaspoons Paprika
1/4 teaspoon Pepper
2-1/-to 3-1/2-lb cut-up broiler-fryer Chicken
2/3 cup Bisquick Baking Mix
1-1/4 teaspoon Salt

Heat oven to 425 degrees. Melt margarine in 13x9x2-inch baking dish. Mix baking mix, paprika, salt and pepper; coat chicken. Place skin sides down in dish (dish and margarine should BE HOT. Bake 35 minutes; turn chicken. Bake about 15 minutes longer or until juice is no longer pink when centers of thickest pieces are cut. Serves 5.

Friendship improves happiness
and abates misery by doubling
our joy and dividing our grief!
Joseph Addison

Roasted Lemon Chicken

2-1/2 to 3-lb Chicken, cut into serving pieces
1 tablespoon Olive or Vegetable Oil
1 pkg Herb & Lemon Soup Mix
1/4 teaspoon cracked Black Pepper
1 15-oz can Artichoke Hearts, drained and each cut in half
2 tablespoons Water
1 med. Red Bell Pepper, cut into chunks

Preheat over to 375 degrees. In large plastic bag or bowl, add all ingredients except artichoke hearts. Close bag and shake, or toss in the bowl, until chicken is evenly coated. In 13x9-inch baking or roast pan, arrange chicken mixture; discard bag. Bake uncovered 30 minutes. Stir in artichoke hearts and bake uncovered an additional 20 minutes or until chicken is done. Serves 4.

Ronco Chicken Penne Primavera

By: Judy Rollins

1 lb pkg Penne Rigate, cooked as directed on package
3 cloves Garlic, chopped
Vegetable Cooking Spray
1 lb skinless, boneless Chicken Breast, cut into strips
6 cups assorted fresh chopped or sliced vegetables, (red & yellow bell peppers, mushrooms, onion, carrots & broccoli florets)
3/4 cup Chicken Broth
Salt & Pepper

Spray 12-inch no-stick skillet generously with cooking spray. Over medium-high heat, cook and stir chicken and garlic until chicken is no longer pink. Add vegetables. Cook and stir until tender-crisp, about 5 minutes. Stir in penne rigate and chicken broth; heat through. Serve immediately. Refrigerate leftovers. Serves 8.

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There's nothing like having a friend from the past who remembers how you looked in college, or how overjoyed you were at the prospect of a big date, or what your family was like when you were growing up.

Melodie M. Davis

SOUTHERN FRIED CHICKEN

By: Sarah Truitt

2-1/2 to 3-lb broiler-fryer Chicken
½ cup all-purpose Flour
1 teaspoon Salt
½ teaspoon Paprika
1/4 teaspoon Pepper
Salad Oil

Cut chicken into serving sizes. Wash and pat dry. Mix flour, salt, paprika and pepper. Heat oil (1/4-inch) in large skillet. Coat chicken with flour mixture. Cook chicken in oil over medium heat 15 to 20 minutes. Reduce heat; cover tightly and simmer 30 to 40 minutes or until thickest pieces are tender. If skillet cannot be tightly covered, add 1 to 2 tablespoons water. Turn chicken to assure even cooking. Remove cover for last 5 minutes to crisp chicken. Serves 4. (See Creamy Gravy below.)

Creamy Gravy: Place chicken on warm platter. Pour fat from pan into bowl, leaving brown particles in pan. Return 3 tablespoons fat to pan. Blend in 3 tablespoons flour. Cook over low heat, stirring until mixture is smooth and bubbly. Remove from heat. Stir in 3/4 cup milk and 3/4 cup water. Heat to boiling, stirring constantly. Boil and stir 1 minute. Add few drops bottled brown bouquet sauce. Season with salt and pepper. Makes 1-1/2 cups.

SPICY BARBECUED CHICKEN

For Marinade sauce, combine the following in a bowl:

1/4 cup Oil
1/4 cup Vinegar
2 tablespoons Worcestershire Sauce
1 tablespoon minced Onion
1 teaspoon Celery Salt
1/4 teaspoon Basil
1/4 teaspoon Marjoram
1/4 teaspoon Rosemary

Add 3 lbs of chicken pieces to marinade sauce, coat well. Cover tightly and let stand in refrigerator several hours or overnight.

Combine in plastic bag:

½ cup Flour
1 teaspoon Salt
1 teaspoon Paprika
1/4 teaspoon Pepper

Drain chicken pieces, reserving marinade sauce. Shake chicken pieces in a bag. Preheat ½ cup oil in electric skillet, uncovered, at 325 degrees. Add chicken pieces and brown on all sides. Combine reserved marinade sauce with a 6-oz can tomato paste and 2 tablespoons sugar; mix well. Pour over chicken pieces in skillet. Cover and reduce heat to simmer. Cook 1 hour or until tender, turning chicken pieces several times while cooking.

CHICKEN TETRAZZINI

By: Twila Presley

4-oz thin Spaghetti, broken in 2-inch pieces
1 can Cream of Mushroom Soup
1 cup Chicken or Turkey, cooked, diced
1/4 cup chopped pimiento
1 cup shredded process Cheese
½ cup Milk
1/4 cup Green Pepper, minced
Dash Black Pepper
1 tablespoon Onion, minced

Cook spaghetti in lightly salted water until tender; drain. Combine with remaining ingredients, reserving half the cheese; pour into a 1-1/2-quart casserole. Sprinkle remaining cheese on top. Bake in a hot oven (400 degrees) about 30 minutes. Serves 4 to 6 .

CHICKEN TERIYAKI

By: Jay Stein

1 frying Chicken, cut up
2 tablespoons Sugar
3 tablespoon Vegetable Oil
5 tablespoons Soy Sauce

Bone out the chicken breast, legs and thighs. (Use the rest for soup.) Pierce the skin of the breast and leg-thigh pieces in several places with a fork. Dip them in rapidly boiling water for 10 to 15 seconds, remove and pat dry with paper towels. (I'm not sure what this dipping process does, but the pieces come out more evenly browned and beautiful if you do it, so I always do.) Heat the oil in a heavy skillet over high and saute the chicken in it until nicely browned. Start with the skin side down so that side browns as nicely as possible while the oil is fresh. (The Japanese are very careful about the appearance of food.) Drain off the oil, sprinkle in the sugar and add the soy sauce, cover and cook over low heat for 7 to 8 minutes. Remove cover and continue cooking until the liquid has almost cooked away and the chicken is nicely glazed. Cool slightly and slice 1/4-inch thick.

FISH

CATFISH MARDI GRAS

1/3 cup fresh Lemon Juice
2-oz can Anchovy Fillets, drained
1 teaspoon dried Oregano
Greek Seasoning to taste
½ yellow Bell Pepper, julienned
Extra Virgin Oil for saute'ing
large Spinach Leaves for wrapping Fillets
2/3 cup extra Virgin Olive Oil
2 cups fresh Parsley or Basil
8 Catfish Fillets (small to med.)
Salt and Pepper to taste
½ Green Bell Pepper, julienned

Prepare marinade by processing lemon juice, olive oil, anchovies, parsley, and oregano. Season catfish fillets with Greek seasoning, salt, and pepper. Pour marinade over fillets, cover and refrigerate at least 3 hours or overnight. When ready to cook, preheat oven to 375 degrees. Drain fillets, reserving marinade. Wrap fillets in spinach leaves, return to marinade, and cover tightly with foil. Poach in oven until done (check after 30 minutes-cooking time depends on size of fillets.) Lightly saute' pepper strips in olive oil until warm but still crisp. Decorate fillets with pepper strips.

CRACKLING FISH FILLETS

By: Renee' Presley Gregory

½ cup Parsley Leaves
1 lg. Lemon or 1/4 cup bottled Lemon Juice
1-1/2 lbs sole or Flounder Fillets
2 tablespoons Butter or Margarine
½ teaspoon freshly ground Black Pepper
1/4 cup all-purpose Flour
4 tablespoon Olive Oil
1/4 teaspoon Salt
½ cup Water

Mince parsley. Squeeze lemon if using fresh lemon. Cut fish in manageable pieces, dip in flour and shake off excess. Brush large nonstick skillet(s) with oil. Heat over medium heat about 2 minutes until very hot but not smoking. Add fish and cook, without moving fish, 1 or 2 minutes until lightly golden on bottom. With a broad spatula, flip fish over and cook about 2 minutes longer until opaque in middle. Remove to dinner plates. (If making 2 batches, cover first loosely with foil to keep warm, wipe skillet clean, brush with oil and cook remaining fish.) Add the water and lemon juice to 1 skillet (if using 2) and increase heat to medium high. Cook 2 minutes until about 3 tablespoons remain. Remove from heat and stir in butter, in small pieces, parsley, salt and pepper. Spoon sauce on fish. Makes 4 servings. Per serving; 360 calories.

GOLDEN FISH PUFFS

By Dorothy Carr

1 16-oz frozen Pike Fillets, thawed
Salt and Pepper
1 Egg white
1/8 teaspoon Salt
1/4 cup Mayonnaise
1/4 teaspoon Dill Seed
1/4 teaspoon Onion juice

Heat oven to 425 degrees. Place fillets in greased baking dish, 11-1/2x7-1/2x1-1/2 inches; season with salt and pepper. Beat egg white and 1/8 teaspoon salt until stiff but not dry. Fold in remaining ingredients; spoon onto fish. Bake uncovered 12 to 15 minutes or until fish flakes easily with fork and topping is puffed and brown. Serves 4.

GRILLED FISH STEAKS

By: Linda Stein

Mustard Butter (below)
3 lb. Fish Steaks (salmon, tuna, halibut), 3/4 to 1 inch thick

Prepare Mustard Butter. Place fish on lightly greased grill (or used hinged grill for easier turning) 4 inches from medium coals. Cook 6 to 8 minutes on each side or until fish flakes easily with fork. Baste frequently with Mustard Butter. Serve with Avocado Sauce (below). Serves 6.

Mustard Butter: Mix ½ cup butter or margarine, melted, 1-1/2 teaspoons salt, 1 teaspoon prepared mustard, 2 teaspoons lemon juice and dash pepper.

Avocado Sauce: Mix 1 small Ripe avocado, peeled and pitted, 1/3 cup dairy sour cream, 1 teaspoon lemon juice, 1/4 teaspoon salt and few drops red pepper sauce in a blender or beat with rotary beater until smooth.

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The friend who is really worth having
is the one who will listen to
your deepest hurts and feel
they are hers too.

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ORANGE-HALIBUT FILLETS

By: Margaret Bloodworth

1 16-oz frozen Halibut Fillets, thawed
1 tablespoon snipped Parsley
½ to 3/4 teaspoon dried Dill Weed
2 tablespoon Orange Juice concentrate, thawed
1 tablespoon Lemon Juice
1 Lemon Juice
4 thin Orange Slices .

Cut fish into 4 portion place in shallow pan. Mix concentrated juice, parsley, lemon juice and dill weed, ½ cup water, 1/4 teaspoon salt; pour over fish. Marinate 30 minutes, turn once. Place fish on well-greased broiler pan. Broil 3 inches from heat for 6 minutes. Turn; broil till fish flakes easily with fork, about 5 to 6 minutes. Baste with reserved marinade. Top with orange slices. Serves 4.

QUICK BAKED PIKE FILLETS

1-1/2 to 2 lbs pike fillets
Flour or Bisquick Baking Mix
2 tablespoons Butter or Margarine, melted
Salt and Pepper

Heat oven to 500 degrees. Season fillets with salt and pepper; dip in flour. Place in lightly greased baking pan, 13x9x2 inches. Drizzle with butter. Bake uncovered 10 to 15 minutes or until fish flakes easily with fork. Serves 4.

SALMON LOAF

By: Sherrie Daniels

Celery & Onion to taste
1 can Cream of Celery Soup
1 can Evaporated Milk
Salt & Pepper to taste
1 can of Salmon
2 Eggs
2 cups Bread Crumbs
a little Water

Mix and place in loaf pan; bake at 350 degrees for 1 hour. Use with **Dill Sauce:** Mix well; ½ cup mayonnaise, 1/4 cup sour cream, 1 tablespoon lemon juice, 1 tablespoon milk, 1 teaspoon dill weed, ½ teaspoon each of salt, pepper and sugar.

Salmon Noodles Romanoff

8-ozs uncooked medium Noodles
1-1/2 cups dairy creamed Sour Cream
1 to 2 teaspoon Worcestershire Sauce
½ cup Sharp Cheddar Cheese, shredded
Dash Red Pepper Sauce or Cayenne Red Pepper
1 16-ozs can Salmon, drained (or 2 6-1/2-oz Tuna, drained)
1-1/2 cups Cottage Cheese
½ cup Onion, finely chopped
1 clove Garlic, minced

Heat oven to 325 degrees. Cook noodles as directed on package; drain. Mix noodles, cottage cheese, sour cream, onion, garlic, Worcestershire sauce, red pepper sauce, salt and salmon. Place about 1 cup salmon mixture in each of 5 or 6 greased baking shells or individual casseroles. Sprinkle with cheese. Bake uncovered 20 to 25 minutes. Serves 5 or 6.

Salmon Patties on Buns

1 15-1/2-oz can Pink Salmon
1/4 cup Celery, finely chopped
2 tablespoons Onion, finely chopped
5 Hamburger buns, split and toasted
½ cup saltine Cracker Crumbs
1 Egg, lightly beaten
1/4 teaspoon Salt
1/8 teaspoon Pepper

Choice of toppings (thousand island dressing, tartar sauce, cheese, etc.)
Drain salmon; reserve 3 tablespoons liquid. In medium bowl, combine salmon and liquid, crumbs, celery, onion, egg, salt and pepper; mix well. Form into 5 patties. In preheated lightly greased skillet over medium heat, fry patties about 3 minutes on each side. Serve on hamburger buns with your choice of toppings.

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So long as we are loved by others,
I should say that we are almost indispensable
Robert Louis Stevenson

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SHRIMP CREOLE

By: Twila Presley

1 to 1-1/2 lbs uncooked Shrimp, peeled and de-veined
6 cups cooked rice (2 cups uncooked)

Creole Sauce:

2 tablespoons Butter or Margarine
2 tablespoons Onion Flaked
½ cup Celery, chopped
1/4 cup Tomato Juice
½ teaspoon Chili Powder
2 teaspoons Seasoning Salt
Dash Pepper
1/4 cup Green Pepper, chopped
1 tablespoon Cornstarch
1-1/2 teaspoons Sugar
1/4 teaspoon Garlic Salt
2 teaspoons Parsley Flakes
1-3/4 cup Canned Tomatoes

Melt butter in a heavy saucepan; add onion flakes, green pepper and celery and cook until celery is tender. Blend cornstarch and tomato juice in separate bowl. Mix sugar and seasonings with tomatoes and add to celery mixture. Add cornstarch mixture and cook and stir 5 minutes or until clear and slightly thickened. Add shrimp to hot creole sauce and simmer gently about 10 minutes, or until shrimp is pink and tender. Serve with hot fluffy rice. Serves 6.

TUNA MELT PIE

2 medium Onions, chopped
1/4 cup Margarine or Butter
2 6-1/2-oz cans Tuna, drained
2 cups Cheddar Cheese, shredded
2 Tomatoes, thinly sliced
1 cup Bisquick Baking Mix
1/8 teaspoon Pepper
1-1/4 cups Milk
3 Eggs

Grease square baking dish, 8x8x2-inches. Cook onions and margarine in 10-inch skillet over low heat; stirring occasionally, until onions are light brown. Sprinkle tuna, 1 cup of the cheese and the onions in dish. Beat baking mix, milk, pepper and eggs with wire whisk or hand beater until almost smooth, about 1 minute. Pour into dish. Bake until knife inserted in center comes out clean, 25 to 30 minutes. Top with tomato slices and remaining cheese. Bake until cheese is melted, 3 to 5 minutes. Cool 5 minutes. Serves 6 to 8.

"Play" is a charming word in a Friend's Vocabulary.

Amos Bronson Alcott

Salads & Dressings

FAVORITE RECIPES

FROM MY COOKBOOK

Recipe Name	Page Number

DRESSINGS & RELISH

CRANBERRY-ORANGE RELISH

By: Dorothy Carr

Finely chop 4 cups cranberries and 1 large orange (peel and pulp) in food chopper. Stir in 2 cups sugar. Cover; refrigerate at least 3 hours. Makes 3-1/2 cups.

SUMMERTIME PICNIC RELISH

By: Grady Rollins

1 cup Onion, chopped
1 cup Green Pepper, chopped
2 tablespoons Salad Oil
1/4 teaspoon dry Mustard
4 medium Tomatoes, peeled and chopped
2 tablespoons Vinegar
1-1/2 teaspoons Salt
½ teaspoon Sugar
1/8 teaspoon Pepper

In large skillet, cook and stir onion and green pepper in oil, over medium heat until onion is tender. Stir in remaining ingredients; heat to boiling. Cool. Cover; refrigerate several days. Makes about 3 cups.

SALADS

A DIFFERENT LAYERED SALAD

Layer in a large sealable bowl in this order:

1 sm. head Lettuce, bite-size pieces
6 slices Bacon, fried & crumbled
1 10-oz. frozen Peas, uncooked
6 Green Onions, slice or chop
1 head fresh Cauliflower, uncooked, cut florets into small pieces
1 bunch fresh Broccoli, uncooked, cut florets into small pieces

Sprinkle 1 0.5-oz package Good Seasons (Classic Herb) Dry Salad Dressing Mix on top. Spread 1-pint mayonnaise on top to seal. Sprinkle with Parmesan Cheese. Seal and refrigerate for 24 hours. Toss lightly before serving.

APRICOT SALAD II

By: Elizabeth Rickman

1 large pkg. Orange Jell-0 — 2 cups boiling Water
1 large can each of diced Apricots, crushed Pineapple
1 cup combined Apricot and Pineapple juice
3/4 cup miniature Marshmallows

Drain fruit, reserving juice. Mix fruits. Dissolve Jell-0 in boiling water. Add 1 cup reserved juice, saving remainder for topping. Chill until slightly congealed. Fold in fruit and marshmallows. Pour in ring mold: chill until firm. Remove from mold and spread with topping.

Topping:

½ cup sugar — 2 tablespoons Flour
1 Egg, slightly beaten — 2 tablespoons Butter
1 cup Whipping Cream whipped or Dream Whip
1 cup combined apricot and pineapple juice
1/4 cup American Cheese, grated

Combine sugar and flour; blend in egg and juice. Stir over low heat until thickened. Remove from heat; stir in butter. Cool. Fold in whipped cream or Dream Whip. Spread over Jell-0; sprinkle with cheese.

AVOCADO TOSSED SALAD

By: Linda Stein

1 sm. head of Lettuce, clean and chilled — 1 ripe small Avocado
½ cup bottled creamy Italian Salad Dressing

Into bowl, tear lettuce into bite-size pieces (4 cups.) Cut avocado lengthwise in half. Remove pit; peel and slice crosswise into bowl. Pour salad dressing over lettuce and toss. Divide mixture among 5 individual salad bowls. Serves 5.

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A friend may well be reckoned
the masterpiece of nature.
Ralph Waldo Emerson

Boiled Salad Chicken

By: Marie White

2 cups Chicken, diced, cooked
1-1/2 cups Celery, diced
1/4 cup French Dressing
½ cup Mayonnaise
1/4 cup Almonds, sliced
2 cups Potato Chips, crushed
1 cup Cheddar Cheese, grated
½ cup Sour Cream

Marinate chicken and celery in French dressing. Add mayonnaise, sour cream and almonds. Put in glass baking dish and, before serving, sprinkle grated cheese and potato chips on top. Bake about 20 minutes in 400 degree oven or until hot and top is browned.

Carrot Salad

Mix:
½ cup Salad Dressing, 3 cups shredded Carrots, 8-1/4-oz crushed Pineapple Tidbits (drained), ½ cup Raisins, 1 tablespoon Sugar. Refrigerate. Serves 6. (You may make a sandwich with ham covered by carrot salad.)

Cherry Christmas Salad

By: Elizabeth Rickman

2 small pkgs. Cherry Jell-0
1 cup sugar
1 teaspoon Red food coloring
1 #2 can tart pitted Cherries, with juice of 1 Lemon
1 #2 can Pineapple tidbits, reserve juice
1 cup boiling Water
2 teaspoons Vinegar
1-1/4 cups Pecans, chopped

Dissolve Jell-o in boiling water. Cook cherries, lemon juice and sugar together for 10 minutes. Add pineapple juice and water to equal 1 cup. Combine ingredients; refrigerate overnight.

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When we feel someone else's pain,

we can help to lessen it.

Janette Oke

* *

CHICKEN / WILD RICE SALAD

By: Elizabeth Rickman

Blend and set aside:

2/3 cup Mayonnaise
1/3 cup Milk
2 tablespoons Lemon Juice
1/4 teaspoon Tarragon Leaves

In a large bowl mix well:

3 cups cooked Wild Rice
1/3 cup finely sliced Green Onions
1 8-oz. Can sliced Water Chestnuts, drained
3 cups cubed cooked Chicken
1/8 teaspoon Pepper
½ teaspoon Salt

Add the mayonnaise mixture to above mixture. Refrigerate 2 to 3 hours. Just before serving add: 1 cup sliced Green Grapes & 1 cup salted Cashew Nuts.

COLE SLAW

By: JoAnn Black

1/4 medium Onion, quartered
½ small Cabbage, cored & cut in eights
1/4 Green Pepper, quartered
1 small Carrot, sliced

Fill blender 3/4 full with above. Add cold water to cover. Chop for 5 seconds. Drain immediately in colander. You may need to repeat this procedure to chop all ingredients.

Dressing: Stir together well by hand; **1/4 cup Sour Cream, 1/4 cup Mayonnaise, 1 tablespoon Lemon Juice, ½ teaspoon Salt, 1/8 teaspoon ground pepper**. Mix with chopped vegetables. Chill before serving. Serves 6.

CRAB LOUIS (KNOWN AS PALACE COURT SALAD)

2 7-1/2-oz cans Crabmeat
Louis Dressing (below)
4 cups Salad Greens, bite-size pieces, chilled
4 Eggs, hard-boiled, quartered
4 Tomatoes, quartered

Drain crabmeat and remove cartilage; chill. Prepare Louis Dressing. Arrange crabmeat, tomatoes, eggs and olives on greens. Pour Louis Dressing over salad. Serves 4. **Louis Dressing:** Mix **3/4 cup Chili sauce, 1/3 cup Mayonnaise or Salad dressing, 1 teaspoon instant minced Onion, ½ teaspoon Sugar, 1/4 teaspoon Worcestershire sauce, Salt** to taste. Cover and chill 30 minutes. Makes 1-1/4 cups. **Palace Court Salad:** For each serving, arrange a mound of shredded lettuce on plate. Top with a thick tomato slice, 1 large or 3 small cooked artichoke heart(s) and cooked crabmeat, shrimp or chicken. Garnish with hard-cooked eggs and serve with bottled Russian Salad Dressing.

Creamy Lime Salad

By: Ginnny Teitt

2 packages Lime Gelatin
½ cup Nuts, chopped
20-oz. can crushed Pineapple, undrained
1 cup boiling Water
1 pint Vanilla Ice Cream

Add boiling water to gelatin; stir until dissolved - do not cool. Add pineapple and nuts. Fold in ice cream until it melts. Pour in loaf pan or mold and chill until set. Unmold and slice. Serve on bed of lettuce.

Fondulaoha

By: Dorothy Carr

2 fresh Pineapples
2-1/2 cups cut-up Chicken or Turkey
3/4 cup diced Celery
3/4 cup Mayonnaise or Salad Dressing
2 tablespoons chopped Chutney
1 11-oz. can Mandarin Orange segments, drained
½ cup flaked Coconut
1 teaspoon Curry Powder
1 medium Banana, sliced
1/3 cup salted Peanuts

Select pineapples with fresh green leaves. Cut each pineapple lengthwise in half through green top, then cut in half again, making 4 pieces each with part of the green top. Remove fruit by cutting along edges with curved knife. Cut fruit into cubes, removing any eyes and fibrous core. Drain pineapple shells cut-side down. Combine cubed pineapple, the chicken and celery; cover and chill. Mix mayonnaise, chutney and curry powder; cover and chill. Just before serving, drain fruit mixture. Toss lightly with mayonnaise mixture, banana and peanuts; fill pineapple shells. Sprinkle with coconut and garnish with mandarin orange segments. Serves 8.

Fresh Broccoli-Cauliflower Salad

By: JoAnn Black

1 medium Onion, chopped
1 bunch fresh Broccoli, chopped
1 head fresh Cauliflower, chopped
Salt to taste
1 cup Mayonnaise
1 tablespoon Sugar
1 tablespoon Vinegar

Chop vegetables in ½-inch pieces. May want to chop onion a little smaller. Add remaining ingredients and refrigerate. Very good with ham or any grilled meat. Can be used as a salad on vegetable dish. Serves 6 to 8.

Frozen Cranberry-Pineapple Salad

By: Dorothy Carr

1 16-oz. can Whole Cranberry Sauce
1 cup dairy Sour Cream
1/4 cup coarsely chopped Pecans
1 20-1/2-oz. can Pineapple, crushed & well drained

Mix all ingredients thoroughly. Pour into refrigerator tray. Freeze at least 3 hours or until firm. Thirty minutes before serving, remove tray from freezer to refrigerator. Serves 6 to 8.

Good Salad

By: JoAnn Black

½ cup Confectioners Sugar
½ cup Sour Cream
1 pkg Dream Whip, whip topping
1 cup Nuts, chopped
1 can Black Cherries, drained, pitted
1 can Pineapple Chunks, drained and chopped

Prepare Dream Whip according to package directions and whip until stiff. Fold in the remaining ingredients. Refrigerate (keeps well in refrigerator.) Serves 6 to 8.

Hot Chicken Salad Casserole

By: Doris Johnson

2 cups Chicken or Turkey, diced, cooked
1 teaspoon Onion, instant
1 cup Mayonnaise
2 tablespoons Lemon Juice
2 cups Celery, chopped
1 cup Ritz Crackers, crushed
3/4 cup Almonds
6 hard cooked Eggs
2 cans Cream of Chicken Soup
4 tablespoons Onion, grated
Potato Chips, crushed

Combine all ingredients except potato chips and put in greased casserole. Top with crushed potato chips. Bake at 350 degrees for 40 minutes.

* *

In giving advice, seek to help, not please, your friend.

Solon

HOT CHICKEN SALAD

By: Sedelia Niemann

2 cups cut-up cooked Chicken
2 teaspoons instant minced, Onion
1 cup Croutons
1 cup Mayonnaise or Salad Dressing
2 tablespoons Lemon Juice
½ cup chopped or slivered Almonds, toasted
½ cup shredded Cheddar or Swiss Cheese (about 2 ounces)
2 cups thinly sliced Celery
Additional Onion
½ teaspoon Salt
1 cup Crushed Potato Chips

Heat oven to 450 degrees. Mix all ingredients except cheese and potato chips. Spoon into 6 ungreased 1-cup baking dishes. Sprinkle with cheese and potato chips. Bake uncovered 10 to 15 minutes or until bubbly. Serves 6.

JAMBALAYA SALAD

By: Renee' Presley Gregory

6 slices Bacon
½ cup Celery, chopped
1/4 cup Onion, chopped
1/4 teaspoon Red Pepper
1 clove of Garlic, minced
½ cup Ham, cubed cooked
1 cup Pimiento, chopped
1/4 cup Mayonnaise
½ cup Bell Pepper, chopped
1 teaspoon Thyme
1/4 teaspoon Salt
2 cups Rice, cooked
6 oz. Shrimp, frozen tiny, thawed

Fry bacon until crisp; drain and crumble. Combine mayonnaise (salad dressing may be used), celery, green pepper, onion, thyme, red pepper, salt and garlic in a mixing bowl; mix well. Add rice, ham, shrimp and pimiento; mix well. Chill until serving time. Add bacon; toss and mix well. Serves 6 to 8.

JELL-O SURPRISE

By: Margaret Puckett

1 3-oz pkg Apricot or Orange Jell-o
8-oz Cool Whip
8-oz Cottage Cheese
1 can Mandarin Oranges, drained

Mix jell-o powder with cottage cheese and cool whip. Stir in oranges. Refrigerate several hours before serving. Serves 4.

Layered Pasta and Pea Salad

Elizabeth Rickman

2 cups spiral Macaroni
1/4 cup diced Pimiento
1 cup Green Pepper, chopped
½ cup Sour Cream
½ cup thinly sliced carrots
1 cup shredded Cheddar Cheese
½ cup Salad Dressing
1 teaspoon Dill Weed
1 17-oz .can Sweet Peas with Pearl Onions, drained

Cook macaroni to desired doneness as directed on package. Drain and rinse under cold water. In a large salad bowl, layer macaroni, carrots, peas, pimiento, cheese and green pepper. In a small bowl combine salad dressing, sour cream and dill weed; mix well. Spread evenly over top of salad to seal. Cover and refrigerate overnight. Toss gently before serving.

Macaroni Salad

By: Elizabeth Rickman

1 small Jar Pimiento
½ small Onion
1 teaspoon Vinegar
2 teaspoons Mustard
1/4 teaspoon Pepper
½ cup cubed Cheese
2 stalks Celery
3/4 cup Mayonnaise
2 tablespoons Sugar
1 teaspoon Salt
4 cups cooked Macaroni
2 Eggs, boiled, chopped

Chop celery and onion; mix all ingredients adding eggs and macaroni last. Mix lightly and chill before serving. Serves 6.

Microwave Potato Salad

By: Jennifer Presley Breland

Place 2-lb small Red Potatoes, unpeeled, sliced 1/-4-inch thick (about 6 cups) and 1/3 cup Water in 2-quart casserole; cover. Microwave on HIGH 14 to 16 minutes or until tender, stirring after 7 minutes. Drain. Mix 3/4 cup Mayonnaise, ½ cup chopped Onion, ½ cup sliced Celery, 1 tablespoon prepared Mustard and ½ teaspoon Celery seed, ½ teaspoon Salt, in large bowl. Add potatoes; mix lightly. Refrigerate. Serves 6.

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In a friendship be liberal with praise.

Alan Loy McGinnis

ORIENTAL STYLE PASTA SALAD

By: Jennifer Presley Breland

Mix:
½ cup Salad Dressing, 2 tablespoons Soy Sauce in a large bowl.
Add:
4-oz Linguine or Thin Spaghetti (cooked and drained), 8-oz can Pineapple Tidbits (drained), 2/3 cup Baked Ham (cut into strips) and 1 Red or Green Pepper (cut into strips); toss to coat.
Serve:
With chopped green onion or toasted sesame seeds, if desired. Serves 4.

POTATO SALAD

By: Katie Warren

6 medium Potatoes
1 teaspoon Salt
1/4 cup chopped Onions
2 hard boiled Eggs
1/8 teaspoon Pepper
1/4 cup Italian Dressing
½ cup Mayonnaise
½ cup chopped Celery

Boil potatoes in 1-inch salt water. Boil on high with lid on, turn temperature down and cook for 25 minutes (lid off.) Drain, cool, and peel skin from potatoes. Dice and add onion, pepper, salt and Italian dressing. Refrigerate. Before serving, add eggs, celery and mayonnaise.

SALMON PASTA SALAD

By: Becky Harelson

15-1/2-oz can Pink Salmon, cooked
½ cup Carrots, thinly sliced
1/4 cup Green Onions, chopped
2 tablespoons Parmesan Cheese, grated
2 cups Red or Green Pepper, thinly sliced
2 tablespoons Olive Oil
1 teaspoon dry Oregano Leaves, crushed
1/4 teaspoon Pepper
8-oz pkg Pasta
½ cup Celery, thinly sliced
1/3 cup sliced Ripe Olives
½ cup Red Wine Vinegar
1/4 cup Vegetable Oil
1 teaspoon Sugar
1 teaspoon salt

Drain and remove skin and bones from salmon, if desired. Break into large pieces. In medium bowl combine; salmon, chilled pasta, carrots, celery, ripe olives, green onions and Parmesan cheese. Combine red wine vinegar, vegetable oil, olive oil, sugar, oregano leaves, salt and pepper; mix well. Pour over salmon mixture. Toss carefully to coat. Cover and chill or serve immediately.

SEVEN LAYER SALAD

By: Betty Burns

Lettuce
Green Onions, chopped
½ lb. Bacon, cooked & crumbled
Salad Dressing or Mayonnaise
Celery, chopped
English Peas, drained
4 Eggs, boiled and chopped
Sharp Cheese, shredded

Arrange in layers in order given, topping with shredded cheese. Keep in refrigerator for a week.

SEVEN PLUS LAYER SALAD

By: Margaret Bloodworth

1-1/2-quarts shredded Lettuce
2 cups sliced Mushrooms, fresh
8-oz shredded Cheddar Cheese
2 cups Salad Dressing (Miracle Whip)
2 cups Tomatoes
10-oz pkg frozen Peas
1 cup Purple Onion, chopped

Optional Ingredients:

Yellow Bell Pepper, chopped
2 cans Water Chestnuts, chopped
Radishes, sliced
Crisp Bacon

Layer as follows: lettuce, tomatoes, mushrooms, peas (optional choices), cheese, onion, (optional ingredients-if used) and salad dressing - top with crumbled crisp bacon. Cover with aluminum foil or plastic wrap and refrigerate overnight.

SHRIMP SALAD

By: JoAnn Black

½ lb. Shrimp, cooked
2 Green Onions, sliced with tops
1/4 cup Celery, finely chopped
1/4 cup Salad Oil
Lettuce and Tomatoes
2 tablespoons Lemon Juice
1 tablespoon prepared Mustard
½ teaspoon Salt
1/4 teaspoon Pepper

Combine shrimp, onions, and celery. Measure salad oil and lemon juice into a bowl. Add seasonings and blend thoroughly with a fork. Pour mixture over shrimp and toss well. Cover and place in refrigerator to marinate for at least 2 hours. Mix with lettuce and tomatoes and serve. Serves 4.

THREE-BEAN SALAD

By: Linda Stein

½ cup chopped Green Onions
1 tablespoon Sugar
16-oz can Red Kidney Beans, drained
8-oz bottle Italian Salad Dressing
16-oz can French-style Green Beans, drained
1/4 cup snipped Parsley
2 cloves Garlic, crushed
16-oz can Wax Beans, drained

Combine beans, onion and parsley in large bowl. Mix dressing, sugar, and garlic; pour over bean mixture and toss. Cover; refrigerate at least 3 hours, stirring occasionally. Serves 5 to 6.

TWENTY-FOUR HOUR SALAD

By: Linda Sain

20-oz. can Crushed Pineapple, drained
1 3-oz. Package Cream Cheese, softened
½ pint Whipping Cream, whipped
1 tablespoon Miracle Whip salad dressing
2 cups miniature marshmallows

Combine all ingredients and refrigerate for 24 hours.

WALDORF SALAD

Mix:

½ cup Salad Dressing, 2 cups coarsely chopped cooked Chicken, ½ cup coarsely chopped Red Apple, ½ cup thinly sliced Celery, 1/4 cup shopped Walnuts, 2 tablespoons raisins. Serves 6.

Variations:

1 cup halved green Grapes or 1/4 cup toasted Coconut or ½ cup chopped Dates.

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A friend is one who comes in
when the whole world has
gone out.

* *

WINTER SALAD VARIETY

Toss with greens and serve in lettuce cups:

- Sliced zucchini and cauliflorets or thin sliced radishes.
- Shredded parsnips, chopped sweet onion, chopped celery and pimiento-stuffed olives

Marinate and serve in lettuce cups:

- Cooked green peas and cooked French-style green beans, chopped green pepper, onion and celery; marinate in oil and vinegar dressing overnight.
- Tomato wedges, cucumber slices and cauliflorets; marinate in French dressing.

Serve on crisp greens; top with your favorite dressing:

- Mound of cottage cheese with diced green or red pepper, cucumber and onions.
- Shredded carrot, chopped sweet onion, chopped celery, grated orange peel and orange sections.
- Cooked baby lima beans, sliced mushrooms and sliced green onions; season with oregano.
- Shredded carrots and drained crushed pineapple or finely chopped celery; mix with raisins.
- Small tomatoes stuffed with cottage cheese or cabbage salad; sprinkle with snipped chives, parsley or toasted almonds.
- Cooked asparagus tips on thick tomato slices; sprinkle with shredded cheese.
- Chilled tomato halves; sprinkle with snipped parsley, chives, mint or sliced green onions.

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There can be no friendship where there is no freedom. Friendship loves free air, and will not be fenced up in straight and narrow enclosures.

William Penn

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Sandwiches
&
Soup

FAVORITE RECIPES

FROM MY COOKBOOK

Recipe Name	Page Number

SANDWICHES

CHEESY CHICKEN SANDWICH

2 cups chopped cooked Chicken
1/4 cup chopped Pecans
2 tablespoons chopped Green Onions
1/3 cup Ranch Dressing
4 Kaiser Rolls, split
4 Velveeta Process Cheese Spread Slices, cut in half diagonally

Mix chicken, dressing, pecans and onions. For each sandwich, fill one roll with 1/4 cup of chicken mixture and 1 half slice of process cheese spread. Place sandwiches on a microwave-safe plate. Microwave on HIGH about 30 seconds or until process cheese spread slices begin to melt. Makes 4.

CHEESY GRILLED CHICKEN SANDWICH

½ cup Kraft House Italian Dressing
4 boneless, skinless chicken breast halves, about 1-1/4 lbs.
4 Velveeta Pasteurized Process Cheese Spread Slices
4 Kaiser rolls, split
Lettuce & Tomato slices

Pour dressing over chicken; cover. Refrigerate 1 hour to marinate. Drain. Place chicken on greased rack of grill or on rack of broiler pan. Grill over medium coals (coals will have slight glow) or broil 5 to 7 inches from heat for 6 minutes on each side or until tender. Top with cheese spread slices; continue grilling or broiling 1 minute or until melted. Fill rolls with lettuce, tomato and chicken. Make 4.

* *

'Tis friends who make this desert world
To blossom as the rose;
Strew flowers o'er our
rugged path.
Pour sunshine o'er our woes.

* *

Crispy Fried Fish Sandwiches

1 lb. fresh or frozen Fish Fillets (Haddock, cod, or halibut)
1 Egg, slightly beaten
1 cup crumbs (cracker, dried bread or corn flake)
Crisco Oil for frying
6 slices American Cheese
6 sandwich Buns
6 tablespoons Tartar Sauce

Cut fresh or partially thawed fish into six 3-inch squares about ½ inch thick. Dip fish portions in egg, then in crumbs. Fry fish in 1/4 to ½-inch oil heated to 350 degrees in electric skillet until golden brown, about 4 to 6 minutes on each side. Drain on paper toweling. Place one slice of cheese on bottom half of sandwich bun. Top with hot fried fish. Spread 1 tablespoon tartar sauce over fish. Cover with top half of bun. Pre-breaded frozen fish fillets may also be fried as shown above.

Ham Finger Sandwiches

By: Mike Gregory

2 pkgs small Dinner Rolls
½ Onion, chopped
2 cans Hormel, Chopped Ham
½ Mozzarella Cheese, shredded

Slice dinner rolls in half using on section at a time. Mix ham and onions and spread on each half then replace the top sections.

<u>Sauce:</u>

1 stick (1/2 cup) Butter or Margarine
3 tablespoon Worcestershire Sauce
3 tablespoons Honey Mustard

Melt butter; add other ingredients. Spoon sauce over the rolls. Sprinkle cheese over rolls. Bake in oven at 350 degrees until cheese is melted

Individual Corned Beef-Onion Rolls

By: Twila Presley

1 cup chopped cooked Corned Beef
½ cup Mayonnaise or Salad Dressing
2 teaspoons prepared Mustard
4 to 5 hard Rolls, split and buttered
1/3 cup minced Celery
1 tablespoon minced Onion

Stir together all ingredients except rolls. Spread mixture on rolls. Makes 4 to 5 sandwiches.

Italian Steak and Cheese Sandwich

½ cup Salad Dressing, divided
1/4 cup Zesty Italian Dressing
6 French Bread Rolls, split
2 medium Green or Red Peppers, cut into strips
1 medium Onion, sliced
3/4 lb thinly sliced Roast Beef
½ cup Mozzarella Cheese

Heat 2 tablespoons of the dressing in large skillet on medium heat. Add onion and green peppers; cook and stir 5 minutes or until tender-crisp. Remove vegetable mixture from skillet; set aside. Add remaining dressing, Italian dressing and meat to skillet. Cook 5 minutes or until thoroughly heated. Fill rolls with meat mixture and reserved vegetable mixture. Top with cheese. Makes 6.

Zesty Submarine

By: Sarah Truitt

1 loaf (1-lb) French Bread
Soft Butter or Margarine
1 tablespoon Wine Vinegar
1 tablespoon Olive Oil
1/4 teaspoon Garlic Salt
4 or 5 crisp Lettuce Leaves
1 large Onion, sliced
½- lb sliced salami
2 Tomatoes, sliced
Salt and Pepper
4-ozs sliced Swiss Cheese
½-lb sliced boiled Ham
½ Cucumber, thinly sliced

Cut bread horizontally in half. Spread bottom half with butter. Stir together vinegar, oil and garlic salt; dip lettuce leaves into mixture. Layer lettuce, salami and tomatoes on buttered bread; season with salt and pepper. Layer remaining ingredients on tomatoes. Place top half of bread on filling; secure loaf with picks. Serves 6.

Italian Submarine: Omit vinegar, oil and garlic salt; spread top half of bread with 3 tablespoons prepared mustard.

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True friendship comes when silence
between two people is
comfortable.

Dave Tyson Gentry

* *

AUTUMN SOUP

By: Dorothy Carr

1 lb. Ground Beef
1 cup chopped Onion
1 teaspoon bottled Brown Bouquet Sauce
1 cup cut-up Carrots
1 cup Celery, diced
1 cup Potatoes, cubed, pared
2 teaspoons Salt
4 cups Water
1/4 teaspoon Pepper
1 Bay Leaf
1/8 teaspoon Basil
6 Tomatoes *

In large saucepan, cook and stir meat until brown. Drain off fat. Cook and stir onions with meat until onions are tender, about 5 minutes. Stir in remaining ingredients except tomatoes; heat to boiling. Reduce heat; cover and simmer 20 minutes. Add tomatoes; cover and simmer 10 minutes longer or until vegetables are tender. Serves 6 *** 1 28-oz can tomatoes (with liquid) can be substituted for the fresh tomatoes**. Reduce water to 3 cups. Stir in tomatoes with remaining ingredients; heat to boiling. Reduce heat; cover and simmer 20 minutes. The canned tomatoes break apart and give a rosy color.

BROCCOLI/CHEESE SOUP

By: Pam Yost

2 cans Chicken Broth
2 10-oz. frozen chopped Broccoli
8-oz. thin Spaghetti Noodles
6 cups Milk
Onion Salt (Optional)
1 lb. Velveeta Cheese (chunks)
Salt & Pepper

In a large cooker, bring chicken broth and broccoli to boil, add noodles. Boil until noodles are done (approx. 15 minutes). Add cheese and milk. Cook until cheese is completely melted and soup is hot. Salt, pepper and onion salt to taste. Serve when soup has set enough to thicken.

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A in friend is one who comes
when the whole world has
gone out.

CHEDDAR CHEESE CHOWDER

By: Katie Warren

2 Carrots, thinly sliced
1 stalk Celery, finely chopped
1 small Onion, finely chopped
½ small Green Pepper, finely chopped
2 Garlic Cloves, minced
4 Bacon Slices, cooked & crumbled
16-ozs. Cheddar Cheese, shredded
1 can Chicken Broth
2 cups Milk
½ teaspoon Salt
3/4 teaspoon Pepper
1/3 cup all-purpose Flour
Butter or Margarine

Melt margarine in 3-quart saucepan over medium-high heat; add vegetables and garlic and cook, stirring constantly 5-7 minutes or until tender. Add flour, cook, stirring constantly 1 minute. Stir in chicken broth and milk; cook 5 minutes or until mixture is slightly thickened and bubbly. Add shredded cheese, salt and pepper, stirring until well blended. Stir in additional milk, if necessary to reach desired consistency. Sprinkle with crumbled bacon. Makes 7 cups.

Cheddar Cheese Soup

1 medium Onions, sliced thin
4 tablespoons Flour
.1/8 teaspoon hot Pepper Sauce
1 tablespoon Worcestershire Sauce
8-oz coarsely shredded sharp Cheddar Cheese
Sliced Radishes, chopped Green Pepper, toasted slivered Almonds or Croutons (garnish)
3 tablespoons Margarine
1 teaspoon dry Mustard
2 cups hot Water
2 lg. stalks Celery, sliced thin
4 cups Milk

In a 3-quart heavy saucepan saute' onion in margarine until golden and tender. Blend in flour and mustard. Gradually stir in hot pepper sauce and water until thickened, then the Worcestershire sauce and celery. Cover and simmer for 15 minutes or until celery is tender. Add milk and heat to almost boiling. Stir in cheese until melted. Season to taste with salt. Serve topped with one or several of the garnishes.

* *

When hands reach out in
friendship, hearts are
touched with joy.

CHINESE EGG DROP SOUP

By: Jill Cook

2 cans Chicken Broth
as desired Carrot
as desired Celery
2 Eggs

Heat chicken broth in saucepan. Cut up celery and grate carrots place in broth. Cook on low heat until celery and carrots are tender. Beat eggs in a bowl. Bring broth to boil and drop eggs into the broth and stir.

GOULASH

By: JoAnn Black

1 lb. Ground Beef
1 cup Onions, chopped
2 cans Chicken Noodle Soup
½ can Tomato Soup
1 cup Celery, chopped
8-oz. Pkg. Noodles
2 cans Mushroom Soup
1 small jar of Stuffed Olives

Brown ground beef, celery and onions. Boil noodles; drain. Combine the rest of the rest of the ingredients except the olives; pour into a casserole. Bake at 350 degrees for 25 minutes. Add olives and bake 15 minutes longer.

HOLIDAY CORN CHOWDER

½ cup Onion, chopped
1 tablespoon Butter or Margarine
2 cups Half & Half or Milk
1 cup diced Ham (optional)
15-1/4-oz. can Whole Kernel Corn, drained
14-1/2-oz. can Whole New Potatoes, drained, diced
14-3/4-oz. can Cream Style White Corn

Cook onion and celery in butter in large saucepan until tender. Add potatoes, ham, milk and corn. Cover and simmer 10 minutes (DO NOT BOIL), stirring frequently. Season with salt and pepper to taste. Serve immediately.

Two are better than one...for if
they fall, one will lift up
the other.

Ecclesiastes 4:9, 10 NRSV

MANHATTAN CLAM CHOWDER

By: Becky Harelson

1/4 cup Bacon, diced
1/4 cup Onion, minced
2 cups Potatoes, diced pared
2 teaspoon snipped Parsley
1/4 teaspoon Thyme
1 7-oz cans Clams, minced or whole, drained
1 cup Water
1/3 cup Celery, diced
16-oz. can Tomatoes
1 teaspoon Salt
1/8 teaspoon Pepper

In large saucepan, cook and stir bacon and onion until bacon is crisp and onion is tender. Stir in reserved clam liquor, the potatoes, water and celery. Cook uncovered until potatoes are tender, about 10 minutes. Add clams, tomatoes and seasonings. Heat to boiling, stirring occasionally. Serves 6. **New England Clam Chowder:** Decrease water to ½ cup. Omit celery, tomatoes, parsley and thyme and add 1 cup milk with the clams.

POTATO SOUP

By: Jill Cook

4 or 5 medium Potatoes
1 cup Milk or Half & Half
1 teaspoon butter or margarine
½ teaspoon dill weed

Peel potatoes and cut into small ½ inch cubes. Place in a saucepan and cover with water. Add salt and pepper to taste. Boil until tender for 5 or 6 minutes. Pout out remaining water. Stir potatoes in pan, breaking up into large pieces. Add milk, butter and crushed dill weed. May add more milk it too thick for desirable taste.

POTATO SOUP

By: Renee' Presley Gregory

6 Potatoes, chopped
3 stalks Celery, chopped
8-oz. Mexican Velveeta Cheese
1 large Onion, chopped
½ cup Butter or Margarine

In a saucepan combine potatoes, onion and celery add enough water to cover vegetables. Cook over medium heat until vegetables are tender, stirring frequently. Add butter and cheese. Cook over low heat until butter and cheese are melted; stirring constantly. Ladle into soup bowls. Serves 6.

TACO SOUP

By: Doris Presley

2 lbs. Ground Beef or Turkey
1 can Kidney Beans
1 can Pinto Beans, plain
2 cans stewed Tomatoes
1 can Water if needed.
1 pkg Hidden Valley Original Ranch Dressing (dry)
1 Onion, Chopped
1 can Jalapeno Pinto Beans
1 can Hominy
1 pkg. Taco Seasoning

Saute' meat and onion. Drain off fat. Add remaining ingredients. Simmer, covered at least 30 minutes. Good over Tortilla Chips, rice or plain.

TUSCAN TOMATO SOUP

By: Twila Presley

4 tablespoons Butter or Margarine
4 Carrots, diced
3 medium Onions, minced
3 quarts Tomatoes, canned, do not drain
Salt and Pepper
1/4 cup Olive Oil
4 stalks Celery, diced
½ cup Parsley, chopped
6 leaves fresh Basil (optional)

Heat in heavy kettle; margarine, olive oil; add carrots, celery, and onion. Cook for 20 minutes or until vegetables are tender. Add; tomatoes; cook over moderate heat for 25 to 30 minutes longer. Stir in parsley, basil, salt and pepper. Cook a minute or so longer and serve hot. Serves 8 to 10.

VEGETABLE SOUP WITH VERMICELLI

By: Twila Presley

2 large Onions, thinly sliced
2 cloves Garlic, minced
1 lb. Carrots, peeled, cut 1/2-inch cubes
2 large Red Peppers, thinly sliced
½ lb. Vermicelli spaghetti
3 small Zucchini, cut lengthwise then into quarters & sliced 1/4-in thick
½ cup Olive Oil
4 cup Potatoes, diced
8 cup Chicken Broth
2 lbs Green Beans, 1-in. pieces

In a heavy 6-quart casserole add olive oil and saute' onions. Add garlic, red peppers, carrots and cook for 5 minutes. Add potatoes and chicken broth and simmer until potatoes are almost tender. Add green beans, zucchini and simmer an addition 5 minutes. Stir in the vermicelli and continue cooking until vermicelli is done. Season with salt and pepper. Serves 10.

VEGETABLES

FAVORITE RECIPES

FROM MY COOKBOOK

Recipe Name	Page Number

Asparagus Casserole

By: Elizabeth Rickman

1 large can Asparagus, drain
1 can Cream of Mushroom Soup
1 can Water Chestnuts, sliced or slivered
1/4 lb. Cheddar Cheese or American Cheese, grated
6 or more slices of Bread, cut into 3 strips each
1 stick Margarine, melted
1 can Le Seur Small Peas

In 9x13 baking dish, place layers in order listed: Start with asparagus, then mix peas and soup, pour over asparagus add chestnuts (or almonds), add grated cheese, dip trimmed bread strips in margarine, place on top to form crust. Bake at 350 degrees for 40 minutes or until browned.

Bread & Butter Pickles

By: Twila Presley

8 large Cucumbers
6 cups Vinegar
2 tablespoons All-Spice
1 teaspoon Turmeric
Weak Salt Water
3 tablespoons Cinnamon
1 teaspoon Ginger
3 tablespoons Celery Seed

Slice cucumbers in rings. Soak in weak salt water several hours or overnight; drain; rinse and place in sterilized jars. Boil remaining ingredients 5 minutes, pour over rings; seal at once.

Broccoli Casserole

By: Elizabeth Rickman

2 teaspoons Margarine
½ cup chopped Celery
1 small jar Cheese Whiz
2 cups cooked Minute Rice, Salt & Pepper to taste
½ cup chopped Onion
1 pkg. Broccoli, thawed
1 can Cream of Chicken Soup

Saute' chopped onion in margarine. Add rest of ingredients, mix well. Put in casserole. Bake 45 minutes at 350 degrees.

A friend is what the heart needs
all the time.
Henry van Dyke

Cabbage Casserole

By: Pat Adair

3 tablespoons Butter or Margarine
½ lb. Ground Beef
½ teaspoon Pepper
1 can Tomato Soup
1 medium Onion, chopped
1 teaspoon salt
6 cups Cabbage, chopped

Semi-boil cabbage and drain well. Saute' meat and onion. Place 3 cups cabbage in a 2-quart casserole; cover with meat mixture. Top with remaining cabbage. Pour soup over top. Bake at 350 degrees for one hour.

Cheddar Potato Slices

1 can Cream of Mushroom Soup
½ teaspoon Pepper
1 cup cheddar Cheese, shredded
½ teaspoon Paprika
4 med. Baking Potatoes cut into 1/4" slices

In small bowl, combine soup, paprika and pepper. In greased 2-quart oblong baking dish, arrange potatoes in overlapping rows. Sprinkle with cheese; spoon soup mixture over cheese. Cover; bake at 400 degrees 45 minutes. Uncover; bake 10 minutes or until potatoes are fork-tender. Serves 6.

Creole Okra

3/4 cup raw Okra, sliced
3/4 cup fresh Tomatoes, chopped
2 tablespoons Green Pepper, minced
Salt and Pepper to taste
2 tablespoons Onion, minced
1 tablespoon Margarine
1 teaspoon Sugar

Saute' onion, okra and green peppers in margarine for 5 minutes, stirring constantly. Stir in remaining ingredients. Cook over low heat. Serves 4.

Friendships are a vital part of the working of the body of Christ. They serve many purposes----strengthening, edifying, stabilizing, making us more Christ-like.

Sheri Curry

Family Favorite Bean Bake

1-lb pkg Hot Dogs, cut into 1/2-inch slices
½ cup Catsup
1 tablespoon prepared Mustard
2 cups self-rising White Cornmeal
2 16-oz cans Baked Beans
1 Egg
1-1/4 cups Milk
1/4 cup Oil

Heat oven to 400 degrees. In ungreased 13x9-inch 3-quart baking dish, combine hot dogs, beans, catsup and mustard; mix well. In medium bowl, lightly beat egg; add milk and oil. Stir in cornmeal; mix well. Spoon batter over hot dog mixture; spread evenly. Bake at 400 degrees for 32 to 37 minutes or until light golden brown. Serves 8.

Florentine Tomatoes

By: Margaret Bloodworth

4 firm, ripe tomatoes
1 10-oz pkg frozen chopped Spinach
2 tablespoons Oil or Margarine
3 green Onions, chopped
½ teaspoon Dill weed
1/4 teaspoon Pepper
½ cup Feta Cheese
4 tablespoons Sour Cream

Cut thin slice off tops of tomatoes and gently squeeze out seeds. Scoop out and chop pulp, sprinkle with salt & drain on rack or paper towel. Cook spinach until thawed-press out liquid. Saute' green onions in oil, add spinach, tomato pulp, dill and pepper. Cook 5 minutes. Stir in cheese, sour cream. Stir until well blended. Fill tomato shells and place in dish. Bake 375 degrees for 20 minutes.

Fried Zucchini

By: Twila Presley

1 Zucchini, cut into 2x1/2-inch strips
Flour mixed with Salt & Pepper
1 Egg, beaten
Bread Crumbs

Dip sliced zucchini into beaten egg; roll into flour mixture. Dip in egg again; roll in bread crumbs. Fry in saucepan filled ½ full of vegetable oil.

Friendship, like the immortality of the soul, is too good to believe.

Ralph Waldo Emerson

Green Bean Casserole

By: Elizabeth Rickman

1 can Green Beans (French is better)
1 7-oz pkg Onion Rings, frozen or canned
1 teaspoon Soy Sauce mixed into soup (optional)
1 can Mushroom Soup
Dash of Salt

Layer into casserole. Bake 350 degrees for 20 minutes or until it bubbles.

Green Bean Casserole

By: Doris Presley

1 regular size can French Green Beans
1 cup Cheddar Cheese, shredded
1 can Cream of Mushroom Soup
1 lb. ground Beef
1 pkg. Tater Tots
1 small onion, chopped

Brown ground beef and onion. Layer in bottom of casserole dish. Layer green beans. Pour soup over green beans. Layer with tater tots. Bake at 350 degrees for 30-40 minutes until tater tots brown. Sprinkle with cheese and bake again for 1 minute or until cheese is melted.

Hash Brown Quiche

By: Katie Warren

1/3 cup Butter or Margarine, melted
4-oz pkg Swiss Cheese, shredded
1/4 teaspoon Seasoned Salt
1 tablespoon Chili Peppers, chopped (optional)
1-oz pkg Sharp Cheddar Cheese, shredded
12-ozs frozen Hash Brown Potatoes, thawed
½ cup Half & Half or Milk
2 Eggs
6-oz can Ham

Blot potatoes with paper towels and remove excess moisture. Press into greased 9-inch Quiche dish to form crust. Spread butter over potatoes. Bake at 425 degrees for 25 minutes. Fill crust with layers of cheese and ham. Combine half and half, eggs, salt and peppers; beat well and pour over cheese and ham. Bake at 350 degrees for 30 to 40 minutes or until knife tip inserted near edge comes our clean. Serves 6 to 8.

HERBED TOMATOES

6 large or 9 medium-tomatoes, peeled and sliced
3 tablespoons Olive Oil
1 teaspoon Sugar
1 teaspoon dried Basil
½ teaspoon dried Oregano
1 teaspoon Salt
2 tablespoons Chives, minced
1 teaspoon dried Thyme
2 tablespoon Parsley, minced

Put the tomatoes, slices overlapping slightly, on a platter or shallow bowl. Combine the remaining ingredients except the parsley. Shake thoroughly and pour over the tomatoes. Chill for 3 to 4 hours or longer. Serve garnished with parsley. Serves 10 to 12.

ITALIAN BROCCOLI BAKE

By: Margaret Bloodworth

2 14-1/2-oz cans Stewed Tomatoes
1 teaspoon Sugar
1-1/2 cups Mozzarella Cheese, shredded
2 tablespoon Parmesan Cheese
16-oz bag frozen Broccoli Florets, thawed & drained
2 tablespoons Cornstarch
1 teaspoons Italian Seasoning
1/4 teaspoon Black Pepper
1 box Croutons, garlic & onion

Place thawed broccoli in single layer in 3-quart baking dish. Combine tomatoes, cornstarch, sugar, 3/4 teaspoon Italian seasoning, 1/4 teaspoon pepper. Pour over broccoli. Sprinkle with mozzarella cheese. Melt 4 to 6 tablespoons of butter in pan and pour box of croutons into the butter; cover and coat real good. Spread on top of mixture. Sprinkle croutons topping with Parmesan cheese and more Italian seasoning. Bake 350 degrees for 30 minutes. Serves 8.

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Knowing what to say is not always necessary; just the presence of a caring friend can make a world of difference.

Sheri Curry

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ITALIAN EGGPLANT PARMIGIANA

By: Twila Presley

1 medium Eggplant, peeled
2-oz Parmesan Cheese, grated
½ cup Flour
1 tablespoon Milk
1/4 cup Spaghetti Sauce
Salt and Pepper
8-oz Mozzarella Cheese
1 Egg
1/4 cup Olive Oil

Slice eggplant in round slices about ½ to 3/4-inches thick. Sprinkle salt and pepper on slices and let stand for 1 hour. Place grated Parmesan cheese onto a sheet of waxed paper. After 1 hour, rinse eggplant and pat dry. Mix flour, salt and pepper. Blend egg and milk. In a large fry pan, heat olive oil. Dredge eggplant in milk mixture, then roll in flour mixture. Then roll in flour mixture. Saute' each side of eggplant for 3 to 4 minutes. In a shallow baking dish, pour spaghetti sauce. Layer egg plant over sauce then mozzarella cheese over eggplant, then sprinkle with Parmesan cheese. Repeat. Bake for 30 minutes. Serve immediately.

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It is one of the blessings of old
friends that you can afford
to be stupid with them.
Ralph Waldo Emerson

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ITALIAN SPINACH

By: Sherrie Daniels

2 boxes frozen Spinach, thawed & drained
1 tablespoon Garlic Powder or more to taste
3/4 cup Parmesan Cheese, or more to taste
2 tablespoons Olive Oil
2 Eggs, whipped

Heat and stir all ingredients until hot and eggs are cooked. Serve warm.

Mixed Vegetable Casserole

By: JoAnn Black

8 lbs frozen Mixed Vegetables, cooked and drained
8 cups Celery, chopped
8 cups Onions, chopped
Cracker Crumbs
8 cups Cheddar Cheese, grated
4 cups Mayonnaise

Combine all ingredients. Pour into serving pans and top with margarine and cracker crumbs. Bake in a 350 degree oven for 30 minutes. Serves 50.

Mushroom-Cheese Scalloped Potatoes

By: Twila Presley

6 cups Potatoes, thinly sliced, peeled
2 tablespoons Parmesan Cheese, grated
1 can Cream of Mushroom Soup
1 medium Onion, thinly sliced
1 cup processed American Cheese, shredded
Water
1 teaspoon Salt
1/8 teaspoon Pepper
1/4 cup dry Bread Crumbs
1 cup undiluted Evaporated Milk

Place potatoes in large saucepan. Cover with water, add salt. Heat to boiling; boil 5 to 8 minutes or until potatoes are just tender. Drain. Combine soup, evaporated milk, American cheese and pepper. Mix well. Place half the potatoes in buttered 2-quart casserole. Top with onions. Spoon half the soup mixture over onions. Top with remaining potatoes and soup mixture. Mix together bread crumbs and Parmesan cheese. Sprinkle every over casserole. Bake in moderate oven at 350 degrees for 40 to 45 minutes or until potatoes are tender. Makes 7 cups.

O'Brien Potatoes

By: Grady Rollins

2 cups diced Potatoes
1 teaspoon Parsley Flakes
1/4 cup Bell Pepper, finely chopped
1/4 cup butter or Margarine, melted
1/4 cup finely chopped Onions
1/4 cup Pimento, chopped
Salt and Pepper

Preheat oven to 350 degrees. Grease a 1-quart casserole. Cook potatoes in a little boiling salted water for 10 minutes or until just tender. Drain and pour into casserole. Add onions, parsley flakes, pimento, bell pepper. Season with salt and pepper, toss lightly. Sprinkle with melted butter. Bake for 20 minutes.

PEA CASSEROLE SUPREME

1/3 cup Green Pepper, finely chopped
2 cups Celery, finely chopped
2 17-oz cans tiny Le Suer Peas, drained
1 can Cream of Mushroom Soup
3/4 cup soft Bread Crumbs
8-oz Water Chestnuts, drained, thinly sliced
1 small Onion, grated
3 tablespoons Margarine
2 tablespoons Pimento, diced
2 tablespoon Milk
Pepper

Saute' green pepper, onion and celery in margarine in large saucepan until tender. Remove from heat. Add margarine, Le Suer peas, pimento, water chestnuts, undiluted cream of mushroom soup; mix well. Spoon mixture into a greased 10x6x2 baking dish; sprinkle with breadcrumbs. Bake uncovered at 350 degrees for 30 minutes. Serves 8.

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You have done it without a touch,
without a word, without a sign.
You have done it by being
yourself. Perhaps that is
what being a friend is.
Roy Croft

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PICKLED BEETS

By: Dorothy Carr

2 16-oz cans sliced Beets
1-1/2 cups Sugar
3/4 cup Vinegar
2 3-inch Cinnamon Sticks

Drain Beets, reserving liquid in small saucepan. Add sugar, vinegar and cinnamon sticks to reserved liquid. Heat to boiling, stirring constantly. Pour over beets; cool. Cover; refrigerate at least 8 hours. To serve, remove beets with slotted spoon. Makes about 3 cups.

SCALLOPED POTATOES

6 or 7 large Potatoes
2 small Onions, sliced very thin (optional)
½ teaspoon Pepper, preferably white
Half-and-Half or Milk
1/3 to ½ cup Margarine
1 teaspoon Salt
3 tablespoons Flour
Dry Bread Crumbs (optional)

Peel the potatoes and slice very thin. Butter a 2-1/2-quart casserole and put a layer of potatoes in the bottom. Sprinkle with onions, if you wish, and a third of the salt, pepper and flour. Dot with 1 tablespoon butter. Repeat, making 3 more layers, ending with potatoes on top. Pour in half-and-half or milk to cover the potatoes completely. Bake at 400 degrees for about 1 hour or until quite tender. You may brown under the broiler for a few minutes, if you wish. Also you may cover the top with 1/4 cup dry bread crumbs and dot with butter; if you use crumbs brown them under the broiler.

SEASONED CARROTS

By: JoAnn Black

2 tablespoons Margarine or Butter
8 medium Carrots, cleaned, 1/4-in. slices
1 small Onion, chopped
Black Pepper (to taste)
Seasoning salt (to tast) or Low Sodium Seasoning blend (Mrs. Dash)

Cook carrots in boiling water until almost tender. Melt margarine in a skillet and saute' onion while carrots are cooking. Drain carrots. Add to onion mixture in skillet and toss. Sprinkle with pepper and seasoning salt. Simmer to desired doneness. Serves 4 to 6.

SHOE PEG CORN CASSEROLE

By: Betty Hughes

1 cup Sour Cream
½ cup Bell Pepper, chopped
1 can whole kernel Shoe Peg Corn
1 can French Style Green Beans
1 box Cheese Nip Crackers, rolled fine
½ cup chopped Onions
½ cup Celery, chopped
1 can Cream of Celery Soup
1 stick Butter or Margarine

Mix together the above ingredients. Sprinkle cheese nip cracker crumbs over top. Cut stick of butter into pieces and place on top. Bake at 350 degrees for 30 minutes.

Southwest Hash Browns

By: Margaret Bloodworth

1 stick Butter or Margarine
1 can Cream of Chicken Soup
1 Onion, chopped
8 to 10-ozs sharp Cheddar Cheese, shredded
8 Hash Brown frozen squares
8-oz Sour Cream
Corn Flakes

Spread butter on bottom of 13x9-inch pan, melt. Layer squares on bottom of pan. Mix soup, sour cream, onions and pour over hash browns. Sprinkle cheese over mixture. Top with corn flakes. Bake 350 degrees 30 to 40 minutes. Serve hot with mild or hot salsa to garnish.

Spinach Casserole

By: JoAnn Black

16-oz carton Sour Cream
1 10-oz pkgs frozen chopped Spinach, thawed
1-oz envelope Onion Soup mix

Drain spinach well, pressing between layer of paper towels. Combine spinach, sour cream and soup mix; stirring well. Spoon into a lightly greased 1-quart baking dish. Bake, uncovered, at 350 degrees for 30 minutes. Serve immediately. Serves 6. Also may be used as a hot dip.

Spinach and Noddles Parmesan

By: Vicky Presley

½ cup chopped onion
1 can Condensed Bouillon Soup
½ cup grated Parmesan Cheese
10-oz. package frozen chopped Spinach
2 cups cooked Wide Egg Noodles (6 ounces uncooked)
1 can Cream of Celery Soup
½ cup Sour Cream
1/8 teaspoon Black Pepper

Place onion in 2 quart microwave-safe casserole. Cover with lid; microwave on HIGH 3 minutes or until tender, stirring once during cooking. Add spinach. Cover; microwave on HIGH 5 minutes or until spinach is thawed, stirring twice during cooking. Stir in soup; stir in sour cream, cheese and black pepper. Cover; microwave at 50% power 8 minutes or until hot, stirring once during cooking. Add hot noodles; toss to coat. Makes about 5 cups or 8 servings.

Squash and Apple Bake

2 lbs Butternut or Butter cup Squash
½ cup packed Brown sugar
1/4 cup Butter or Margarine, melted
2 baking Apples, cored and cut into 1/2-inch slices
1 tablespoon Flour
1 teaspoon Salt

Heat oven to 350 degrees. Cut each Squash in halt. Remove seeds and fibers; pare squash. Cut into 1/2-inch slices. Stir together remaining ingredients except apple slices. Arrange squash in ungreased baking dish, 12x8x2 inches; top with apple slices. Sprinkle sugar mixture on top; cover with foil. Bake 50 to 60 minutes or until squash is tender. Serves 6.

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In prosperity our friends know us;
in adversity we know our friends.
Churton Collins

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Squash Casserole

By: Lois Pell

2 lbs fresh Squash
3 tablespoons Sugar
1 big Onion
1 teaspoon Salt
a little Water
Buttered Bread Crumbs
10 white Crackers, crumbled
1 stick Butter or Margarine
3 Eggs
½ teaspoon Garlic Salt
½ teaspoon Pepper

Cook the first five ingredients until tender; drain. Add the remaining ingredients. Mash up real good and pour into baking dish and put buttered crumbs on top and bake about 1 hour.

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Would you have a friend,
would you know what friend is best?
Have God your friend,
who passes all the rest.

SQUASH CASSEROLE

By: JoAnn Black

1 lb Yellow Squash, sliced
1 medium Onion, chopped
1/3 cup Water
1/4 teaspoon Salt
1/4 teaspoon Soy Sauce
1/8 teaspoon Paprika
1/4 cup Butter or Margarine
2 large Eggs, lightly beaten
1 tablespoon Sugar
1/4 teaspoon Salt
1/8 teaspoon Pepper
½ cup fine, dry Bread Crumbs or buttery Cracker Crumbs
3/4 (3-oz) Cheddar Cheese, shredded, divided

Combine squash, onion, water and 1/4 teaspoon salt in a large saucepan. Bring to a boil, reduce heat, and simmer uncovered for 15 minutes or until vegetables are tender. Drain and mash squash mixture. Add ½ cup cheddar cheese, 1/4 cup bread crumbs, margarine, eggs, sugar, soy sauce, pepper and paprika, stir well. Spoon into a lightly greased 1-1/2 quart casserole. Bake, uncovered at 350 degrees for 2 minutes, top with remaining 1/4 cup cheese and remaining 1/4 cup bread crumbs. Sprinkle with paprika and bake 15 additional minutes or until cheese melts and mixture is thoroughly heated. Serves 4.

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Insomuch as anyone pushes you nearer to God, he or she is your friend.

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SQUASH DRESSING

By: Doris Presley

3 cups Yellow Squash, cooked
1 medium Onion, chopped
3 Eggs, beaten
1 can Cream of Chicken Soup
1 stick Margarine or Butter
1 chicken Bouillon Cube
3 cups Cornbread Crumbs
Pepper to taste

No salt is needed. Mix all ingredients in a bowl. Pour into a large greased casserole dish. Bake for 40 minutes at 375 degrees. This mixture freezes well either before or after baking.

SQUASH GOURMET

3 lbs Hubbard Squash
2 tablespoons Butter or Margarine
1 cup Dairy Sour Cream
½ cup finely chopped Onion
1 teaspoon Salt
1/4 teaspoon Pepper

Cut squash into serving pieces; remove seeds, fibers and rind. Cut into cubes. Heat 1-inch salted water (1/2 teaspoon salt to 1 cup water) to boiling. Add squash. Cover and heat to boiling; cook 15 to 20 minutes or until tender. Drain; heat oven to 400 degrees. Mash squash; stir in remaining ingredients. Turn mixture into ungreased 1-quart casserole. Bake uncovered 20 to 30 minutes. Serves 6 to 8.

SQUASH PATTIES

By: Oletta Muddell

2 cups raw Squash
2 tablespoons Margarine
4 tablespoon minced Onion
2 teaspoon Sugar
1 teaspoon Salt
6 tablespoon Flour
2 Eggs, beaten
Pepper to taste

Mix ingredients together. Make into patties and fry until brown. Squash may have to be dropped from a spoon, depending on the amount of moisture.

SQUAW CORN

By: Dorothy Carr

4 slices Bacon
1 medium Green Pepper, chopped
1 small Onion, chopped
4 Eggs, beaten
1 teaspoon Salt
1/8 teaspoon Pepper
1 17-oz can Cream-style Corn

Fry bacon; set aside. Drain all but 3 tablespoons drippings from the skillet. Cook and stir green pepper and onion in drippings until onion is tender. Add remaining ingredients. Cook and stir until eggs are thickened throughout but still moist. Crumble bacon; sprinkle on egg mixture. Makes 4 to 6 servings.

Rich is the woman who has

a praying friend.

Janice Hughes

Steamed Cabbage and Potatoes

2 lb Green Cabbage
1/4 cup Olive Oil
Sliced Pepperoni (optional)
Broth or Water (optional)
2 large Potatoes
1 cup Onion, sliced
Salt and freshly Ground Pepper

Wash cabbage. Core and chop or slice into ½ to 1-inch pieces. Thickly slice the potatoes. Heat the olive oil in a large saucepan; add the onion and pepperoni (if you wish); cook until onion is wilted. Add the cabbage and potatoes; then season with salt and pepper. Cover, and steam over low heat for 20 to 30 minutes, or until the potatoes are tender. Stir frequently; it the vegetables start to brown, add some broth or water. Serves 4. **Note:** For a spicy version, saute' some pieces of dried hot pepper along with the onion. You may use smoked sausage instead of pepperoni.

Stuffed Peppers

By: JoAnn Black

4 Green Peppers
1/4 cup Olive Oil
1-1/2 cups canned Tomatoes, stewed
1-1/3 cups cooked Rice
2 tablespoons Onion, minced
1 tablespoon Parsley, minced
Mozzarella Cheese, cut-in strips
1/4 teaspoon Pepper
1 lb Ground Beef
1/4 cup Water
1/4 cup Celery, minced
1 tablespoon Olive Oil
½ teaspoon Salt
1/4 teaspoon Pepper

Rinse peppers and cut a thin slice from stem end of each. Remove white fiber and seeds, rinse. Crop peppers into boiling salted water to cover and simmer for 5 minutes. Remove peppers from water, invert and set aside to drain. Heat 1/4 cup oil in a skillet. Add ground beef and cook until browned. Stir in cooked rice, onion, parsley, ½ teaspoon salt and 1/4 teaspoon pepper. Lightly fill peppers with rice-meat mixture, heaping slightly. Set in a 2-quart baking dish. Mix tomatoes, water, celery and remaining oil, salt and pepper. Pour around peppers. Put strips of cheese on each pepper. Bake at 350 degrees. About 15 minutes. Serves 4.

Yes'm old friends is always the best, 'less
you can catch a new one that's fit to make
an old one out of.
Sarah Orne Jewell

SUNSHINE CARROTS

1/4 cup + 2 tablespoons Orange Juice
2 tablespoons Orange Marmalade
2 16-oz cans small Whole Carrots, drained
1/4 cup Maple flavored Syrup

Combine orange juice, maple syrup and orange marmalade in a medium saucepan; bring to a boil, stir constantly. Add carrots; return to boil. Reduce heat to low; cook 5 minutes. Serves 6.

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My friend is not perfect-----no more
than I-----and so we suit each
other admirably.
Alexander Pope

SWEET/SOUR CARROTS

2 lbs Carrots
1 medium Onion

Marinade:

1 can Tomato Soup
½ cup Vegetable Oil
1 teaspoon prepared Mustard
1 teaspoon Worcestershire Sauce
1 cup Sugar
3/4 cup Vinegar
1 teaspoon Salt
1 teaspoon Black Pepper

Slice carrots and cook in boiling salted water until tender. After cooking, arrange carrots and onions in layers. Beat the sauce well in a mixture. pour over the carrots and onions. Let stand in the refrigerator for at least 24 hours before serving. This keeps well refrigerated.

The very possibility of friendship with
God transfigures life. This conviction,
thus, tends inevitably to deepen every
human friendship, to make it
vastly more significant.
Henry Churchill King

SWEET AND SOUR ROLLED CABBAGE

By: Fannie Goldstein

Meat Mixture:

3 lbs Ground Beef or Chuck
2 medium Onions, chopped
1 teaspoon Salt
½ teaspoon Garlic Powder
3 Eggs
1 tablespoon Seasoned Salt
1/4 teaspoon Pepper
1-1/2 cups Rice, cooked

Sauce:

1 #2 can Kraut, chopped
1 #2-1/2 can Tomatoes, crushed
15-oz can Tomato Sauce
½ cup White Raisins
1-1/2 teaspoon Citric Acid, powder form
3 medium Onions, chopped
1-1/2 cups Brown Sugar
15-oz can tomato Paste
1-1/2 cups Sugar

Combine vinegar, lemon juice, brown sugar may be added to reach your desired sweet and sour taste. Bring sauce mixture to a boil on top of stove in roaster. Core cabbage, rinse in hot water, pull leaves apart, thinning off thick part for easier rolling. Mix all ingredients in meat mixture. Fill each leaf with about 1/3 cup meat mixture. Roll and secure with toothpick. Place in sauce in roaster. Bake at 325 degrees for 2-1/2 hours. Reduce heat to 250 degrees. Continue to bake slowly for 2 hours more. Makes about 26.

SWEET POTATO CASSEROLE

3 cups Mashed Sweet Potatoes, cooked
½ cup Margarine or Butter
1 teaspoon Vanilla
1 cup Sugar
½ cup Raisins
2 Eggs

Mix all ingredients and pour into casserole dish. Margarine may be substituted in lace of the topping. Do not use spreads.

Topping:

1 cup Light Brown Sugar
1/4 cup Margarine or Butter
1 cup chopped Pecans
½ cup Flour

Mix with pastry blender until crumbly. Sprinkle over potatoes. Bake at 350 degree oven for 20 minutes.

Friendship is the marriage of the Soul.

Voltaire

Tomato Gravy

By: Pat Adair

1 16-oz can Tomatoes
1/4 Onion, chopped
1/4 cup Oil
Flour

Heat oil and saute' onions then mix in flour using a fork. Add tomatoes and mix. Serve over white bread, cornbread or mashed potatoes.

Vegetable Pizza

½ cup Pizza Sauce
½ cup Green Pepper Strips
6 Mushrooms, sliced
2 cups (8-oz) Mozzarella Cheese, shredded
16-oz Italian Bread Shell 12"
½ cup Red Pepper strips
1 small Red Onion, sliced

Spread Sauce on bread shell. Top with peppers, mushrooms, onion and cheese. Bake in preheated 375 degrees oven for 20 minutes or until cheese is melted. Serves 8.

Watermelon Pickles

By: Grady Rollins

Rind of one large Watermelon:
1 tablespoon powdered Alum
2 cups white Vinegar
½ teaspoon Oil of Cinnamon
7 cups Sugar
1/4 teaspoon Oil of Cloves

Use a potato peeler to peel off the watermelon rind; leave a trace of pink on inside for color. Cut rind into pieces; let stand overnight in cold water with alum. Drain well. Bring sugar, vinegar, oil of cloves and oil of cinnamon to a boil. Add watermelon rind and bring to a boil again; set aside. Third morning bring to a boil; seal in hot sterilized jars. Makes about 7 pints.

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There's something beautiful about
finding one's innermost
thoughts in another.
Oliver Schreiner

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Good Friends are Good forgivers.

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WILTED LETTUCE

1 medium Onion, chopped fine
2 tablespoons Water
½ teaspoon Salt
1 tablespoon Sugar
1 head Iceberg Lettuce, or 1 lb Spinach Leaves
3 slices Bacon
2 tablespoons Vinegar
1/4 teaspoon Pepper

Cook the bacon until crisp. Remove and place on Paper towels. Saute' the onion in the bacon drippings until transparent but not brown. Add water, vinegar, salt, pepper and sugar and keep hot. Put the lettuce or spinach in a bowl and pour the hot bacon drippings over, scrapping all the onion onto the lettuce. Toss. Serve with the crisp bacon crumbled over the top.

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Moments shared with you are
refreshing streams of
Heaven's Light.

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NUTRIENTS

HINTS FOR A SLIM WAISTLINE AND A HEALTHY HEART

1. Drink fruit flavored seltzer instead of fruit juice drinks and save hundreds of calories (8-oz. Seltzer Water has zero calories; 8-oz. Cranberry juice cocktail has 147 calories.)

2. Instead of eating apple pie (about 400 calories per slice), bake an apple and flavor it with cinnamon and raisins (about 100 calories.)

3. When serving Hor d'oeuvres use sliced zucchini instead of crackers.

4. Save the water from cooked vegetables (with lots of vitamins and minerals) and use to make soup.

5. To get the most vitamins and minerals from your vegetables, leave the skins on. If you must peel the skin, do not slice to deeply as most of the nutrients lie just under the skin.

HOW TO FIGURE OUT NUTRITIONAL INFORMATION

Example: **Granola Bar**

Look at the Nutritional value on the back of the package:

Per Serving:
Serving size.....13-oz.
Calories.....130
Protein.....2
Carbohydrates.....19
Fat.....5

Use the following formula to determine calories from fat:

$$\text{Calories from fat} = \frac{\text{grams of fat x 9}}{\text{total calories}} \times 100$$

Sample from Granola bar label opposite:

$$\text{Calories from fat} = \frac{5 \times 9}{130} \times 100 = 35.38 \text{ or } 35\%$$

"CALCIUM EQUIVALENTS"

The following foods in the listed amount of calcium as in one cup of milk (300 mg.)

Buttermilk, low-fat	1 cup
Cottage Cheese, low-fat	2 cups
Yogurt, low-dat	1-1/4 cups
Tofu	8 ounces
Canned salmon, with bones	4 ounces
Kidney beans	3-1/2 cups
Cooked greens, turnip or mustard	1-1/2 cup

"KNOW YOUR MILKS"

Where's the fat?.....In 8 ounces of....

	SKIM MILK	1%MILK	2% MILK	3.5% MILK
100%	86 Calories	102 Calories	121 Calories	150 Calories
	0.4 gm Fat	2.6 gm Fat	4.7 gm Fat	8.0 gm Fat
50%		==========	==========	48% Fat
		==========	35% Fat	
		23% Fat		
0%	Trace of Fat			

NUTRITION LABELS
! BUYER BEWARE !

According to USDA

Beef

- Extra lean is when a product has less the 5% fat
- Lean or low -fat is when a product has less then 10%
- "Lite", "Leaner" or "Lower-fat" means that the food has 25% less fat than a similar product.

Cholesterol

A product label may read "cholesterol free" yet still contain high amounts of saturated (bad) fats, which actually raise blood cholesterol levels more than cholesterol Examples: powdered coffee whitener, crackers, canned shortening.

How to Figure Fat Calories in Foods

General calories are not as important as Fat Calories - consider to products that both contain 100 calories - yet one could contain 60% fat calories and the other only 20% fat calories. Don't be misled by the calorie count alone - remember this formula and you'll be in good shape!

Fiber - Which is Best for You?

Remember - try to get 35 grams of fiber per day!

Column 1	Column 2
Insoluble -	Soluble
Bran	Oat bran
Whole-wheat flour	Dried beans such as:
Breakfast cereals	Lentils, Kidney beans,
Whole grains	Chick peas, Split peas
Kasha	Apples
Brown Rice	Strawberries
	Citrus fruits
	Squash
	Cauliflower

Column 1: May prevent constipation and protect against diverticulosis, hemorrhoids and colon cancer.

Column 2: Decrease fat absorption and helps to lower blood cholesterol levels. Delays glucose absorption helping diabetics.

Fiber Food Groups

Breads & Grain Group. Each serving has about 2 gm fiber:

Whole-Wheat bread.....1 slice
Grape-Nuts.....2 tablespoons
Bran Cereal.....1 tablespoon
Oatmeal, dry.....3 tablespoons
Popcorn (air-popped).....2 cups
Brown Rice.....1/2 cup
Unprocessed Bran.....1 teaspoon
Shredded Wheat Cereal biscuit.....1/2
Dried Beans.....1/4 cup

Fruit Group. Each serving has about 2 gm fiber:

Apple.....1 small
Banana.....1 small
Berries.....1/2 cup
Orange.....1 small
Peach.....1 small

Vegetables. Each serving has about 2 grams of fiber:

Broccoli.....1/2 stalk
Brussels sprouts.....4
Carrots.....1/3 cup
Green Beans.....1/2 cup
Potato.....1 small
Beans.....2 tablespoon canned, cooked

"WHERE'S THE SODIUM"

How food processing adds sodium:

1 Apple (2 mg)	1 cup Applesauce (4 mg)	1/8 frozen Apple Pie (620 mg)
½ Chicken Breast (69 mg)	4 oz. frozen Chicken Pot Pie (556 mg)	2 Chicken Breast Fast Food (564 mg)
4 " Corn on Cob (Trace)	3/5 cup canned Soup (285 mg)	1 ounce Cornflakes (351 mg)
½ Cucumber, raw (3 mg)	Cucumber with Italian Salad Dressing (116 mg)	1 large Dill Pickle (1428 mg)
1 medium Potato (3 mg)	10 Potato Chips (200 mg)	1 cup instant Potato (485 mg)
3 ounce Pork (52 mg)	4 slices Bacon (456 mg)	3-1/2-oz. Cured Ham, Canned (1025 mg)
1 small raw tomato (3 mg)	1 cup Tomato Sauce (943 mg)	1 cup Tomato Soup (1326 mg)

HIGH SODIUM FOODS TO AVOID

Anchovies
Bacon
Bouillon
Bread Crumbs-seasoned
Broth
Canned Products
Catsup
Caviar
Cheese
Chili Sauce
Corned Beef
Corn Chips
Crackers-salted
"Fast Foods"
Frankfurters
Ham-especially cured
Luncheon Meats
Monosodium Glutamate, (MGS)
Mustard
Olives
Peanuts
Pickled Foods
Pickles
Pizza
Popcorn-salted
Potato Chips
Pretzels
Relish
Salad Dressings
Salt
Sauces-Steak, etc.
Sauerkraut
Sausage
Seasonings with Salt
Tomato Juice-salted
"TV" dinners
Worcestershire Sauce

FOODS LOW IN SODIUM & HIGH IN POTASSIUM

(FRESH OR FROZEN WITHOUT SALT; IF CANNED, SALT-FREE)

Fruits:
Apples, raw, whole
Apricots
Banana
Cantaloupe
Dates
Grapefruit
Nectarines
Prunes
Raisins
Watermelon

Vegetables
Asparagus
Beans
Cabbage
Cauliflower
Corn-on-the-cob
Lima Beans
Peas
Peppers, green
Potatoes
Radish
Squash

"THE SWEET FACTS"

Breakfast Cereals

Cereal	% Sugar
Sugar Orange Crisp	68.0%
Sugar Snacks	61.3 %
Fruity Pebbles	55.1%
Apple Jacks	55.0%
Lucky Charms	50.4%
Pink Panther	49.2%
Fruit Loops	47.4%

Trix	46.6%
Cocoa Krispies	45.9%
Count Chocula	44.2%
Captain Crunch	43.3%
Cocoa Puffs	43.0%

"AND BEVERAGES TOO!"

Beverage	Teaspoon of Sugar
Ginger Ale, 12 oz	10
Lemon-lime drinks, 12 oz	7-1/2
Cola drinks, 12 oz	7
Root beer, 10 oz	4-1/2
Powdered Fruit Drink, 8 oz	6
Chocolate Milk, 8 oz	6

FATS - THE CULPRIT

Oils and Fats

Saturated:	% Fat	% Saturated Fat
Coconut oil	86%	2%
Palm oil	81%	2%
Butter	61%	4%
Beef fat	48%	4%
Lard	40%	12%
Vegetable Shortening, average	32%	20%
Chicken fat	29%	26%
Monounsaturated:		
Peanut Oil	19%	30%
Olive oil	14%	9%
Polyunsaturated:		
Vegetable oil, average	13%	40%
Corn oil	13%	58%
Sunflower oil	10%	64%
Safflower oil	9%	74%

LOW-FAT PROTEIN SOURCES----ALLOWED

Protein Source 3-1/2 ounce	% Calories from fat	Total fat grams	Total Cholesterol milligrams
Haddock	1%	0.09	60
Red snapper	2.5%	0.23	39
Cod	3.5%	0.30	50
Sea Bass	5%	0.54	54
Tuna, water packed	6%	0.90	63
Sole	10%	0.80	42
Halibut	11%	1.20	50
Flounder	11%	0.80	50
Scallops	11%	1.40	52
Clams	18%	1.60	49
Lobster	19%	1.90	84
Trout, brook	19%	1.90	55
Turkey, white meat	20%	3.80	76
Oysters	22%	2.20	50
Swordfish	26%	4.00	68
Chicken, white meat	27%	4.90	87
Salmon	28%	3.70	34
Beef, round steak	29%	6.00	90
Chicken, dark meat	34%	6.50	87
Beef, Flank Steak	34%	7.30	90

High-fat - NOT ALLOWED

3-1/2 ounces			
Lamb, lean	34%	7.0	99
Turkey, dark	36%	8.2	101
Steak, T-bone	41%	10.2	90
Roast, rump	44%	9.2	90
Beef, chuck	45%	9.4	90
Veal	46%	11.2	101
Pork, loin	50%	14.1	88
Beef, lean ground	55%	15.0	88
Crab	29%	3.0	100
Shrimp	8%	0.8	160

PAINLESS WAYS TO REDUCE FAT

Don't forget---stay below 3 grams of fat per serving:

IN PLACE OF	SUBSTITUTE	GRAMS OF FAT SAVED PER PER SERVING
8-oz whole milk (1 cup)	8-oz skim milk	8
4-oz skim milk (½ cup)	4-oz low-fat yogurt	22
8-oz regular yogurt (1 cup)	8-oz low-fat yogurt	3
4-oz part skim ricotta cheese (1/2 cup)	4-oz low-fat cottage cheese	9
3-oz chicken, w/skin	3-oz chicken, w/o skin	5
1-oz potato chips	1 cup popcorn	10
6-oz veal cutlet	6-oz chicken-breast cutlet	13
1-oz corn chips	1 tortilla	9
3-oz pork chop with marbling	3-oz lean flank steak	17
1/4 cup chocolate	1/4 cup carob chips	12

FAST FOOD IS FAT FOOD!

Fast Food Item	Total Calories	% Calories from fat
Burger King:		
Whopper	650	51%
Double Beef Whopper (with cheese)	970	57%
McDonald's:		
Big Mac	550	53%
Quarter Pounder (with cheese)	518	51%
Chicken McNuggets	314	54%
Wendy's:		
Triple Cheeseburger	1040	59%
French fries	240	45%
Kentucky Fried Chicken:		
Fried chicken-3 piece dinner		
Original	354	50%
Crispy	1070	52%
Arthur Treacher:		
Fried fish	354	50%
Apple pie	240	45%

Dairy Queen:		
Chili Dog	330	55%
Apple pie	240	56%
Jack-in-the-Box:		
Onion rings	351	59%

THOSE COCKTAIL PARTY SNACKS

Just	ADDS	Calories
4 crackers		84
1-oz cheddar cheese		114
20 peanuts		210
20 potato chips		226
4-oz of eggnog		335
2 tablespoons cream cheese		99
1 teaspoon caviar		32
2 sardines		75
1 chocolate eclair		316

FISH CONTAINING OMEGA-3 FATTY ACIDS

Fish 3-1/2 oz, raw	Total fat (grams)	Omega fatty acids (grams)	Cholesterol (milligrams)
Bass, striped	2.3	0.8	80
Bluefish	6.5	1.2	59
Herring, Atlantic	9.0	1.7	60
Mackerel, Atlantic	13.7	2.6	80
Muller	4.4	1.1	34
Sablefish	15.3	1.5	49
Salmon, sockeye	8.6	1.3	---
Shark	1.9	0.5	44
Swordfish	2.1	0.2	39
Tuna, bluefin	6.6	1.6	38

CONTROLLING YOUR SODIUM INTAKE

Sodium levels

1 t. salt has 2000 mg sodium
1 T. shoyu or tamari sauce has 800 mg of sodium
1 T. low-sodium soy sauce has approx. 500 mg as sodium
1 bouillon cube has 1000 mg of sodium
1 T. dark misco has 925 mg sodium
1 T. light misco has 530 mg sodium
average daily recommendation is 1,100 to 3,300 (best is 2,000 mg)

COMPARE THE NUMBERS

Long life daily meal plan	Typical American diet
BREAKFAST	BREAKFAST
½ grapefruit	2 scrambled eggs in butter
1/3 cup oat bran cereal	2 slices bacon
½ apple, chopped, with cinnamon	2 slices white toast
1 cup skim milk	2 pats of butter
Herbal tea with lemon	2 teaspoons jelly
	Coffee w/2t. Sugar & 1 T. half & half
MID-MORNING SNACK	MID-MORNING SNACK
1 pear	1 doughnut
1 cup seltzer water	coffee w/2t. Sugar & 1 T. half & half
LUNCH	LUNCH
2 slices whole-wheat bread	Cheeseburger (FAST FOOD)
2-ozs cooked turkey breast	French fries
1 lettuce leaf	Chocolate shake
½ tomato	
1 teaspoon prepared mustard	
1 cup herbal iced tea	
MID-AFTERNOON SNACK	MID-AFTERNOON SNACK
3 cups air-popped popcorn	1-oz chocolate bar
DINNER	DINNER
1 cup lima bean soup	7-oz T-bone steak
3 -ozs cooked salmon	1 medium-size baked potato
1 cup cooked broccoli	2 tablespoons sour cream
½ cup cooked brown rice	Green salad w/2 T. blue cheese dressing
1 cup fresh strawberries	½ cup green beans in butter sauce
1 cup herbal iced tea w/ lemon wedge	
EVENING SNACK	EVENING SNACK
½ cup Banana-Strawberry Sundae	1 brownie
	1 cup whole milk
NUTRITIONAL BREAKDOWN TOTAL	
Calories.....1255	Calories.....3547
Grams of fat.....14g	Grams of fat.....204g
% of calories from fat.....10%	% of calories from fat.....51.7%
% amount of cholesterol.....69 mg	% amt. of cholesterol....912 mg

Helpful Hints

MISCELLANEOUS HELPFUL HINTS

- Fudge won't "sugar" if you add a dash of cream of tartar
- Soften "hard as a rock" brown sugar by placing a slice of soft t bread or ½ an apple in the package and closing tightly. In a couple of hours the brown sugar will be soft again.
- Too much sugar in a recipe? Add a few drops of lemon juice or vinegar.
- To keep granulated sugar from lumping, place a couple of salt crackers in container and cover tightly.
- Before measuring honey or other syrup, oil the cup with cooking oil and rinse in hot water.
- Pork chops which are light in color are corn fed.
- If you rub the skin of a chicken with mayonnaise before baking, the skin will get crisp and brown.
- Bacon will lie flat in the pan if you brick it thoroughly with a fork as it fries.
- For soup and stew that is too salty, add a raw potato and discard after cooking. The potato absorbs the salt.
- For crunchy cole slaw, cut cabbage in half and soak in salted water for an hour. Drain well, then proceed with recipe.
- Next time you are cooking cabbages put a heel of bread on top of cabbage before putting the lid on the pot. There will be no odor. The bread has no effect on the cabbage and should be removed after cooking. Works for broccoli and brussel sprouts, too.
- Remember to remove the tops of carrots before storing. Tops drain the carrots of moisture, making them limp and dry.
- A squirt of lemon in the water when cooking cauliflower will keep the cauliflower from discoloring.

- Vinegar brought to a boil in a new frying pan will prevent food from sticking.

- When frying, turn a metal colander upside down over the skillet. This allows steam to escape, but keeps the fat from splattering

- Ways to glaze bread before baking are: for a dark, shiny glaze, brush on 1 beaten egg yolk. For a light shiny glaze, beat the whole egg or brush on melted butter or margarine. For shine with no color, brush on 1 egg white beaten with 1 Tbsp. water.

- If you roll out dough between 2 sheets of waxed paper, sprinkle some water under the bottom sheet and it won't skit away.

- Dip spoon in hot water before measuring lard, butter, etc. It will slip off the spoon more easily.

- Put flour in a large salt shaker and use for dusting cake pans, etc. It is less messy and doesn't waste flour.

- To remove ink stains from clothing, use hair spray.

- To keep egg yolks from crumbling when slicing hard cooked eggs, wet the knife before each cut.

- Store carton of cottage cheese upside down. It will keep twice as long.

- Place a folded, damp towel under the bowl and it won't slip and slide while mixing.

- If a dull-finish aluminum loaf pan is used it will brown the sides of the bread better.

- To get a dull finish on a new pan, it can be baked empty in a 350 degree oven.

- Let baked bread cool on a wire rack so the bottom won't be soggy.

- Using lard instead of shortening will yield a much flakier crust.

- When food is too salty, add a cut raw potato, then discard the potato once it is boiled
- If the dish is too sweet, add salt. On a main dish, you can add a tsp. of vinegar.
- If the food is too sharp, a tsp. of sugar will soften the taste.
- To prevent your salt shaker from clogging up, keep a few grains of rice inside the shaker.
- You can clean darkened aluminum pans easily by boiling in them two teaspoons of cream of tartar mixed in a quart of water. Ten minutes will do.
- To cut down on cholesterol, substitute two egg whites stiffly beaten for each whole egg called for.
- If eggs are beaten and added slowly to batter it won't make the batter too stiff.
- An excellent thickener for soups is a little oatmeal. It will add flavor and richness to almost an soup.,
- Give mashed potatoes a beautiful whipped cream look by adding hot milk to them before you start mashing.
- Don't add sugar to stewed fruits until they have boiled for 10 minutes. They need less sugar then.
- Add a teaspoon of lemon juice to each quart of water used to cook rice. The grains will stay white and separated.
- Potatoes will take on a golden taste and appearance if sprinkled lightly with flour before frying.
- Lettuce won't "rust" in the refrigerator if it is wrapped in paper toweling.
- Dripping faucets can be quieted by tying a string to it that reaches into the sink. The water will slide down the string quietly.

- Try loosening rusty screws by putting a drop or two of ammonia on it.

- Rusty bolts can be usually loosened by pouring club soda on them.

- If zipper stick, just run some bar soap over the zipper and the zipper will work fine.

MICROWAVE TIPS

- Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave at high for 1½ to 2 minutes for ½ pound or 2 to 3 minutes for 1 pound.

- Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30 to 45 seconds; and one-half gallon 45 seconds to one minute.

- One stick of butter or margarine will soften in 1 minutes when microwaved at 20% power.

- Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2½ minutes. One 3-ounce package of cream cheese will soften in 1½ to 2 minutes.

- Thaw frozen orange juice right in the container. Remove the top metal lid. Place the opened container in the microwave and heat on high power 30 seconds for 6 ounces and 45 seconds for 12 ounces.

- Thaw whipped topping..a 4½ ounce carton will thaw in 1 minutes on the defrost setting. Whipped topping should be slightly firm in the center but will blend well when stirred. Do not overthaw!

- Soften jello that has set up too hard - perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.

- Dissolve gelatine in the microwave. Measure liquid in a measuring cup, add Jell-O and heat. There will be less stirring to dissolve the gelatin.

- Heat hot packs in a microwave oven. A wet finger tip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.

- To scald milk, cook 1 cup milk for 2-2½ minutes, stirring once each minute.

- To make dry bread crumbs, cut 6 slices bread into ½-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.

- Refresh stale potato chips, crackers or other snacks of such type by putting a plateful in the microwave oven for about 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.

- Melt almond bark for candy or dipping pretzels. One pound will take about 2 minutes, stirring twice. If it hardens while dipping candy, microwave a few seconds longer.

- Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nuts meat will slip out whole after cracking the shell.

- When thawing hamburger meat, the outside will many times begin cooking before the meat is completely thawed. Defrost for 3 minutes, then remove the outside portions that have defrosted. Continue defrosting the hamburger, taking off the defrosted outside portions at short intervals.

- To drain the fat from hamburger while it is cooking in the microwave oven (one pound cooks in 5 minutes on high), cook it in a plastic colander placed inside a casserole dish.

- Cubed meat and chopped vegetables will cook more evenly if cut uniformly.

- When baking large cakes, brownies, or moist bars, place a juice glass in the center of the baking dish to prevent a soggy middle and ensure uniform baking throughout.

- Since cakes and quick breads rise higher in a microwave oven, fill pans just half of full batter.

- For stamp collectors: place a few drops of water on stamp to be removed from envelope. Heat in the microwave for 20 seconds and the stamp will come right off.

- Using a round dish instead of a square one eliminates overcooked corners in baking cakes.

- When preparing chicken in a dish, place meaty pieces around the edges and bony pieces in the center of the dish.

- Shaping meatloaf into a ring eliminates undercooked center. A glass set in the center of a dish can serve as a mold.

- Treat fresh meat cuts for 15 to 20 seconds on high in the microwave oven. This cuts down on meat-spoiling types of bacteria.

- A crusty coating of chopped walnuts surrounding many microwave-cooked cakes and quick breads enhances the looks and eating quality. Sprinkle a layer of medium finely chopped walnuts evenly onto the bottom and sides of a ring pan or Bundt cake pan. Pour in batter and microwave as recipe directs.

- Do not salt foods on the surface as it causes dehydration (meats and vegetables) and toughens the food. Salt the meat after you remove it from the oven unless the recipe calls for using salt in the mixture.

- Heat left-over custard and use it as frosting for a cake.

- Melt marshmallow creme in the microwave oven. Half of a 7-ounce jar will melt in 30-45 seconds on high. Stir to blend.

- Toast coconut in the microwave. Watch closely as it brown quickly once it begins to brown. Spread ⅓ cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes.

COOKING TERMS

BASTE - To moisten foods during cooking with pan drippings or special sauce to add flavor and prevent drying.

BEAT - To make mixture smoothly by adding air with a brisk whipping or stirring motion using spoon or electric mixer.

BLEND - To thoroughly mix two or more ingredients until smooth and uniform.

BOIL - To cook in liquid at boiling temperature (212 degrees at sea level) where bubbles rise to the surface and break. For a full rolling boil, bubbles form rapidly throughout the mixture.

CANDIED - To cook in sugar or syrup when applied to sweet potatoes and carrots. For fruit or fruit peel, to cook in heavy syrup till transparent and well coated.

CHILL - To place in refrigerator to reduce temperature.

CHOP - To cut in pieces about the size of peas with knife, chopper, or blender.

COOL - To remove from heat and let stand at room temperature,

CREAM - To beat with spoon or electric mixer till mixture is soft and smooth. when applied to blending shortening and sugar, mixture is beaten till light and fluffy,.

CUT IN - To mix shortening with dry ingredients using pastry blender or knives.

DICE - To cut food in small cubes of uniform size and shape,.

DISSOLVE - To disperse a dry substance in a liquid to form a solution.

GLAZE - A mixture applied to food which hardens or becomes firm and adds flavor and a glossy appearance.

GRATE - To rub on a grater that separates the food into very fine particles.

MARINATE - To allow food to stand in a liquid to tenderize or to add flavor.

MINCE - To cut or finely chop food into very small pieces.

MIX - To combine ingredients, usually by stirring, till evenly distributed.

POACH - To cook in hot liquid, being careful that food holds its shape while cooking.

PRECOOK - To cook food partially or completely before final cooking or reheating.

ROAST - To cook uncovered without water added, usually in an oven.

SAUTÉ - To brown or cook in a small amount of hot shortening.

SCALD - To bring a temperature just below the boiling point where tiny bubbles form at the edge of the pan.

SCALLOP - To bake food, usually in a casserole, with sauce or other liquid. Crumbs are often sprinkled atop.

STEAM - To cook in steam with or without pressure. A small amount of boiling water is used, more water being added during steaming process if necessary.

STIR - To mix ingredients with a circular motion until well blended or of uniform consistency.

TOSS - To mix ingredients lightly.

TRUSS - To secure fowl or other meat with skewers to hold its shape during cooking.

WHIP - To beat rapidly to incorporate air and produce expansion, as in heavy creme or egg whites.

HANDY SPICE REFERENCE

ALLSPICE - a pea-sized fruit that grows in Mexico, Jamaica, Central and South America. Its delicate flavor resembles a blend of cloves, cinnamon and nutmeg. USES: (Whole) Pickles, meats, boiled fish, gravies. (Ground) Puddings, relishes, fruit preserves, baking.

BASIL - the dried leaves and stems of an herb grown in the United States and North Mediterranean area. Has an aromatic, leafy flavor. USES: For flavoring tomato dishes and tomato paste, turtle soup; also use in cooked peas, squash, snap beans; sprinkle chopped over lamb chops and poultry.

BAY LEAVES - the dried leaves of an evergreen grown in the eastern Mediterranean countries. Has a sweet, herbaceous flora spice note. USES: For pickling, stews, for spicing sauces and soup. Also use with a variety of meats and fish.

CARAWAY - the seed of a plant grown in the Netherlands. Flavor that combines the tastes of Anise and Dill. USES: For the cordial Kummel, baking breads; often added to sauerkraut, noodles, cheese spreads. Also adds zest to French fried potatoes, liver, canned asparagus.

CURRY POWDER - a ground blend of ginger, turmeric, fenugreek seed, as many as 16 to 20 spices. USES: For all Indian curry recipes such as lamb, chicken, and rice, eggs, vegetables, and curry puffs.

DILL - the small, dark seed of the dill plan grown in India, having a clean, aromatic taste. USES: Dill is a predominant seasoning in pickling recipes; also adds pleasing flavor to sauerkraut, potato salad, cooked macaroni, and green apple pie.

MACE - the dried covering around the nutmeg seed. Its flavor is similar to nutmeg, but with a fragrant, delicate difference. USES: (Whole) For pickling, fish, fish sauce, stewed fruit. (Ground) Delicious in baked goods, pastries and doughnuts, adds unusual flavor to chocolate desserts.

MARJORAM - an herb of the mint family, grown in France and Chile. Has a minty-sweet flavor. USES: In beverages, jellies, and to flavor soups, stews, fish, sauces. Also excellent to sprinkle on lamb while roasting.

MSG (MONOSODIUM GLUTAMATE) - is a vegetable protein derivative for raising the effectiveness of natural food flavors. USES: Small amounts, adjusted to individual taste, can be added to steaks, roasts, chops, seafoods, stews, soups, chowder, chop suey and cooked vegetables.

OREGANO - a plant of the mint family and a species of marjoram of which the dried leaves are used to make an herb seasoning. USES: An excellent flavoring for any tomato dish, especially pizza, chili con carne, and Italian specialties.

PAPRIKA - a mild, sweet red pepper growing in Spain, Central Europe and the United States. Slightly aromatic and prized for brilliant red color. USES: A colorful garnish for pale foods, and for seasoning Chicken Paprika, Hungarian Goulash, salad dressings.

POPPY - the seed of a flower grown in Holland. Has a rich fragrance and crunchy, nut-like flavor. USES: Excellent as a topping for breads, rolls and cookies. Also delicious in buttered noodles.

ROSEMARY - an herb (like a curved pine needle) grown in France, Spain and Portugal, and having a sweet, fresh taste. USES: In lamb dishes, soups, stews and to sprinkle on beef before roasting.

SAGE - the leaf of a shrub grown in Greece, Yugoslavia and Albania. Flavor is camphoraceous and minty. USES: For meat and poultry stuffing, sausages, meat loaf, hamburgers, stews and salads.

THYME - the leaves and stems of a shrub grown in France and Spain. Has a strong, distinctive flavor. USES: For poultry seasoning, in croquettes, fricassees and fish dishes. Also tasty on fresh sliced tomatoes.

TURMERIC - a root of the ginger family, grown in India, Haiti, Jamaica and Peru having a mild, ginger-pepper flavor. USES: As a flavoring and coloring in prepared mustard and in combination with mustard as a flavoring for meats, dressings, salads.

SUBSTITUTIONS FOR A MISSING INGREDIENT

1 square chocolate (1 oz.) = 3 or 4 Tbsp. cocoal plus ½ Tbsp. fat

1 Tbsp. cornstarch (for thickening) = 2 Tbsp. flour

1 cup sifted all-purpose flour = 1 cup plus 2 Tbsp. sifted cake flour

1 cup sifted cake flour = 1 cup minus 2 Tbsp. sifted all-purpose flour

1 tsp. baking powder = ¼ tsp. baking soda plus ½ tsp. cream of tartar

1 cup sour milk = 1 cup sweet milk into which 1 Tbsp. vinegar or lemon juice has been stirred

1 cup sweet milk = 1 cup sour milk or buttermilk plus ½ tsp. baking soda

¼ cup cracker crumbs = 1 cup bread crumbs

1 cup cream, sour, heavy = ⅓ cup butter and ⅔ cup milk in any sour milk recipe

1 tsp. dried herbs = 1 Tbsp. fresh herbs

1 cup whole milk = ½ cup evaporated milk and ½ cup water

2 oz. compressed yeast = 3 (¼ oz.) packets of dry yeast

1 Tbsp. instanat minced onion, rehydrated = 1 small fresh onion

1 Tbsp. prepared mustard = 1 tsp. dry mustard

⅛ tsp. garlic powder = 1 small pressed clove of garlic

1 lb. whole dates = 1½ cups, pitted and cut

3 medium bananas = 1 cup mashed

3 cups dry corn flakes = 1 cup crushed

10 miniature marshmallows = 1 large marshmallow

1 whole egg = 2 egg yolks

1 slice bread = ¼ cup soft crumbs

3-4 slices bread = 1 cup dry crumbs

1 cup rice = 3½ cups cooked

1 cup rice precooked = 2 cups cooked

EQUIVALENTS

3 tsp.	1 Tbsp.
2 Tbsp.	⅛ cup
4 Tbsp.	¼ cup
8 Tbsp.	½ cup
12 Tbsp.	¾ cup
16 Tbsp.	1 cup
5 Tbsp. + 1 tsp.	⅓ cup
1 cup	8 oz. = ½ pt.
2 cups	1 pint = 1 lb.
4 cups	1 quart
1 quart	2 lbs.
2 quarts	½ gallon
4 quarts	1 gallon
16 oz.	1 lb.
32 oz.	1 qt.
8 oz. liquid	1 cup
1 oz. liquid	2 Tbsp.
Dash	Less than ⅛ tsp.
Pinch	Less than ¼ tsp.
4 oz.	½ cup
8 oz.	1 cup
1 oz.	2 Tbsp. fat or liquid
2 cup	1 pt.
2 pt.	1 qt.
8 to 10 egg whites	1 cup
12 to 14 egg yolks	1 cup
1 cup unwhipped cream	2 cups whipped
1 lemon	3 Tbsp. juice
1 orange	⅓ cup juice
2 cups fat	1 lb.
1 lb. butter	2 cup or 4 sticks
2 cups granulated sugar	1 lb.
4 bread slices	1 cup crumbs
14 square graham crackers	1 cup crumbs
22 vanilla wafers	1 cup crumbs

TEMPERATURE TESTS FOR CANDY MAKING

There are two different methods of determining when candy has been cooked to the proper consistency. One is by using a candy thermometer in order to record degrees, the other is by using the cold water test. The chart below will prove useful in helping to follow candy recipes:

TYPE OF CANDY	DEGREES	COLD WATER
Fondant, Fudge	234 - 238°	Soft Ball
Divinity, Caramels	245 - 248°	Firm Ball
Taffy	265 - 270°	Hard Ball
Butterscotch	275 - 280°	Light Crack
Peanut Brittle	285 - 290°	Hard Crack
Caramelized Sugar	310 - 321°	Caramelized

In using the cold water test, use a fresh cupful of cold water for each test. When testing, remove the candy from the fire and pour at ½ teaspoon of candy into the cold water. Picke the candy up in the fingers and roll into a ball if possible.

In the SOFT BALL TEST the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the FIRM BALL TEST the candy will roll into a firm but not hard ball. It will flatten out a few minutes after being removed from water.

In the HARD BALL TEST the candy will roll into a hard ball which has lost almost all plasticity and will roll around on a plate on remove from the water.

In the LIGHT CRACK TEST the candy will form brittl ethreads which will soften on removal from water.

In the HARD CRACK TEST the candy will form brittle threads in the water which will remain brittle after being removed from the water.

In CARAMELIZING, the sugar first melts then becomes a golden brown. It will form a hard brittle ball in cold water.

CONTENTS OF CANS

Size:	Average Contents
8 oz.	1 cup
Picnic	1¼ cups
No. 300	1¾ cups
No. 1 tall	2 cups
No. 303	2 cups
No. 2	2½ cups
No. 2½	3½ cups
No. 3	4 cups
No. 10	12 ro 13 cups

GENERAL OVEN CHART

Very slow oven	250° to 300° F.
Slow oven	300° to 325° F.
Moderate oven	325° to 375° F.
Medium hot oven	375° to 400° F.
Hot oven	400° to 450° F.
Very hot oven	450° to 500° F.

RECIPE FOR A HAPPY LIFE

Take a large quantity of cheerfulness and let it simmer without stopping. Put with it a basin of kindness and a full measure of thought for others. Mix into these sympathy and charity. Stir well together and carefully strain off any grains of selfishness. Let the whole be serve with love and the fruit of the Spirit.

RECIPE FOR A HAPPY HOME

Begin with a full cup of friendship. Add 2 cups of thoughtfulness.
Cream with a pinch of gentleness and a dash of powdered kindness.
Beat well with a level spoon of hope, a big helping of work, lots of temperance and a sprinkling of humility. You'll need one tablespoon of problems for strength.
Blend gently with love in a bowl of loyalty, slowly adding one cup of faith, two cups of good sense, and several drops of rightfulness. Add three heaping spoons of laughter, one spoon of play, and a dash of praise.
Season with gratitude and stir constantly with enthusiasm.
This recipe gets better with age, but should be served often.

PRAYER

Thank God for Dirty Dishes.
They have a tale to tell,
while other folks go hungry,
We're eating very well.
With Home and Health and Happiness,
We shouldn't want to fuss.
For by this stack of evidence,
God's very good to us.

RULES FOR A HAPPY MARRIAGE

1. Never be angry at the same time.
2. Never yell at each other unless the house is on fire.
3. If one of you has to win an argument, let it be the other.
4. If you have to criticize, do it lovingly.
5. Never bring up mistakes of the past.
6. Neglect the whole world rather than each other.
7. Never got to sleep with an argument unsettled.
8. At least once every day, try to say one kind or complimentary thing to your partner.
9. When you have done something wrong, be ready to admit it and ask for forgiveness.,
10. It takes two to make a quarrel, and the one in the wrong is the one who does the most talking.,

FOOD QUANTITIES FOR 25, 50 AND 100 SERVINGS

FOOD	25 SERVINGS	50 SERVINGS	100 SERVINGS
Rolls	4 doz.	8 doz.	16 doz.
Bread	50 slices or 3 1-lb. loaves	100 slices or 6 1-lb. loaves	200 slices or 12 1-lb. loaves
Butter	½ pound	¾ to 1 pound	1½ pounds
Mayonnaise	1 cup	2 to 3 cups	5 to 6 cups
Mixed Filling for Sandwiches	1½ quarts	2½ to 3 quarts	5 to 6 quarts
Jams & Preserves	1½ pounds	3 pounds	6 pounds
Crackers	1½ pounds	3 pounds	6 pounds
Cheese	3 pounds	6 pounds	12 pounds
Soup	1½ gallons	3 gallons	6 gallons
Salad Dressing	1 pint	2½ pints	½ gallon
Meat, Poultry or Fish:			
Wieners (beef)	6½ pounds	13 pounds	25 pounds
Hamburger	9 pounds	18 pounds	35 pounds
Turkey/chicken	13 pounds	25 - 35 pounds	50 - 75 pounds
Fish (whole)	13 pounds	25 pounds	50 pounds
Fish (fillets)	7½ pounds	15 pounds	30 pounds
Salads, Veggies Casserole,			
Potato Salad	4¼ quarts	2¼ gallons	4½ gallons
Scalloped Potatoes	4½ quarts or 1 12x20" pan	8½ quarts	17 quarts
Potatoes, mash	9 pounds	18 - 20 pounds	25 - 35 pounds
Spaghetti	1¼ gallons	2½ gallons	5 gallons
Baked Beans	¾ gallon	1¼ gallons	2½ gallons
Jello Salad	¾ gallon	1¼ gallons	2½ gallons
Canned Veggie	1 #10 can	2½ # 10 cans	4 #10 cans
Fresh Veggies:			
Lettuce (salad)	4 heads	8 heads	15 heads
Carrots	6¼ pounds	12½ pounds	25 pounds
Tomatoes	3 - 5 pounds	7 - 10 pounds	14 - 20 pounds

FOOD	25 SERVINGS	50 SERVINGS	100 SERVINGS
Desserts:			
Watermelon	37½ pounds	75 pounds	150 pounds
Fruit cup	3 quarts	6 quarts	12 quarts
Cake	1 10x13" sheet cake	1 12x20 " sheet cake	2 12x 20 " sheet cake
Whipped cream	¾ pint	1½ - 2 pints	3 pints
Ice Cream:			
Ice cream brick	3¼ quarts	6½ quarts	12½ quarts
Ice cream bulk	2¼ quarts	4½ quarts or 1¼ gallons	9 quarts or 2½ gallons
Beverages:			
Coffee	½ lb. & 1½ gallons water	1 lb. & 3 gallons water	2 lbs. & 6 gallons water
Tea	1/12 lb. & 1½ gallons water	1/6 lb. 7 3 gallons water	⅓ lb. & 6 gallons water
Lemonade	10-15 lemons, 1½ gallons water	20-30 lemons, 3 gallons water	40-60 lemons, 6 gallons water

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